



# Hubbardston Senior News

Volume 8 Issue 1  
April 2015

## The Curtain Parts: A Glimpse into the Future

Back in February, Chairman of the Council on Aging Hilary "Skip" Scott, Chairman of the Senior Center Building Committee Paul Hale, and your editor headed west on Route 2 to view the recently-built senior center in Erving, to get some ideas from it to bring home to our seniors. Almost a year ago, after a series of discussions on the components our seniors felt would be needed in a new senior center, Architect Paul Leineck created some architectural drawings on speculation. It was nice for everyone to see a two-dimensional idea of what a new center could look like.

However, there is nothing like entering an actual, three dimensional building to get a real sense of what it would be like to have such a facility for the seniors in our community. It was an eye-opening experience to see this welcoming, cheerful and busy place, alive with smiling seniors, enjoying their center and each other.

The Erving Senior Center is a short 45-minute drive up Route 2, and is about a quarter-mile down Route 5 after heading right toward Northfield. Parking in their spacious parking lot, we entered under a portico with an overhang that keeps people exiting and entering vehicles out of the weather. Just inside is a glassed-in vestibule with comfortable seating, so that people can wait there for their rides and see them approach. As we entered the spacious reception area, there was a broad counter directly to the right, where a volunteer behind it gave us a friendly greeting. Also located there was a familiar MySeniorCenter touch screen, where people could swipe their ID cards and be registered for activities. On the other side of the counter was an office area, and beyond that, an office for the Director with a door, so that confidential dis-

cussions can be held. Across the reception area, moving through an archway, we were drawn to a

welcoming and spacious reading room / lounge.. Comfortable upholstered furniture gave it a cozy ambience, and bookshelves and book bins lined the walls. The far wall consisted of floor-to-ceiling small-paned windows where bright winter sunshine was pouring in, and the bright flames of a gas fireplace along one wall added warmth, both physical and

psychological. When we entered, a rather frail-looking woman was comfortably ensconced in a big chair with her legs up on a soft ottoman. It was a perfect spot for 'people-watching,' as she was out of the busy traffic pattern, but she could still enjoy observing all the comings and goings in the reception area. Two soft couches where a person could relax and get some sun were aligned against the windows. As we were leaving later, we saw someone, perhaps a social worker or coordinator, helping another woman sitting there to fill out some forms, and it was a quiet and confidential spot for that sort of activity.

Against the wall in common with the Great Room, the reception area also held an information kiosk with all types of fliers advertising upcoming events resting on a slanted non-glare surface (It was proudly pointed out that it was designed by the architect to be the perfect angle for reading for those of us with bifocals-no craning necks!). There was also an easel-type slant board located right as people entered the reception area; this is kept updated and lists all the center's activities for the week.

On the right side of the reception area are double doors leading to the 1750-sq. foot Great Room, which runs across the whole end of the building, where lunches are served

Continued next page... at

round tables seating eight. We were told that 160 could be accommodated there for community suppers, etc. This versatile room had sound-proof folding doors that can separate off the one-third of the room used for lunches, so that two activities may be held simultaneously. Floor-to-ceiling windows on each end made the room bright, and a number of light tubes through the roof reflected in more natural sunlight. The modern kitchen is off this Great Room on the far side, with a pass-through counter for handing out food, and all amenities for efficiently serving a crowd if need be. Rooms off the back of the Great Room and kitchen house a storage area for chairs and tables, a receiving area and storage areas for food, supplies, and seasonal decorations. There is also room for cots and emergency supplies, so the center could be used as a public shelter in emergencies. The floors in the center consist mainly of large, colorful and easy to clean, non-slip tiles, and the far end of the Great Room was hosting a well-attended yoga and exercise class while we were there. It is also used for line dancing and occasional regular dances, we were told.

Turning left from the reception area, there is a corridor wide enough for two wheelchairs to pass, with tasteful wainscoting which is cleverly designed to be usable as hand railings for seniors whose balance might not be up to par. The walls are lined with lovely oil, acrylic and watercolor paintings done by the seniors in art classes held in the Arts and Crafts Classroom at the end of the building to the left. To the right at the end is the Games/Fitness Room, where there is a treadmill and stairstepper, tables for cards and ample room for the two pool tables, where tournaments are held. Along the sides of the corridor are a janitor's closet, and a room for outreach for confidential discussions. There are also well-appointed Men's and Ladies' handicapped-accessible restrooms located there. (A third restroom is located off to the side of the reception area and convenient to the Great Room.)

Outside, on the sunniest and sheltered long wall, there is a closed-in porch, and a gracious terrace that holds a gas grill, where in the summer seniors have occasional hot dog roasts, and where

comfortable lawn furniture is strategically placed for conversational groupings.

The director told us that it is not just the over-60 crowd that patronizes the building; maintenance costs are helped along by townspeople who pay modest fees for using the Great Room for wedding and baby showers, after-funeral gatherings, scout meetings, fairs and other events. Certain civic groups also hold meetings there. Senior activities generally occupy the center in the mornings and until mid-afternoon, leaving it available for other activities in late afternoon, evenings and weekends. The three of us who visited this senior center site went away impressed, with a renewed appreciation of the importance of design when making a plan for a building. We also saw how vital it is to have as a designer, someone who is very sensitive to the actual needs of those who will be using it. This building was well-lit, cheerful and welcoming, practical, and above all, user-friendly for older citizens.

It was not an extravagant building, but one envisioned with care and forethought and then constructed with Yankee practicality. It contained all the amenities needed to make it an attractive gathering place that could be used for many different purposes by many different people for years to come.

### *Wisdom in Stitchery*

*Seen on a sampler:*

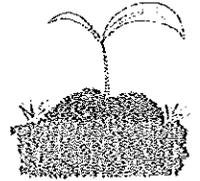
*Having a place to go is home.  
Having someone to love is family.  
Having both is a blessing.*



# Upcoming Events

## Senior Seed Swap:

April 16: 9 to 11 a.m. This is a first time event for the center. We would like to see seniors share extra garden and flower seeds with other seniors. You can split a pack of fresh seed, if the quantity is too much for you to use, or seed from previous years that you've saved. Most garden seeds, except for onions and parsnip seeds, are good for several years. Put them in a plain envelope, and either attach a photocopy the packet's planting instructions or copy them onto the envelope, and note which year they are from. Most seniors' gardens are of modest size, so parcel out the seed accordingly. We also hope to have some 3 ft x 3 ft wooden pre-cut raised beds to give away, and maybe some small seedlings. If you haven't had a garden for years, now is the time to start again. Home-grown is the freshest and best! Come and share!



## Ham and Bean Supper

April 18: This event is sponsored by the Hubbardston Golden Agers. Proceeds are to benefit the new senior center. The meal will be served from 4:00 to 7:00 p.m. Tickets are \$8 adults and \$4 for children under 8. The menu consists of ham, home-made baked beans, potato salad, coleslaw, rolls and butter, coffee, tea or punch and home-made cookies for dessert. There will be a Lottery Tree: Tickets are \$2, or 3 for \$5. There will be \$100 worth of raffle tickets on the tree. Tickets for the supper and lottery are available from most Golden Age Club members or from Claudia. This is the first fund-raiser of this type taken on by the Golden Agers in a number of years; please show your support!



## Hubbardston 250th Anniversary Cookbook

April 21: 10 a.m. The Cookbook Committee will be meeting at the senior center. The town will be 250 years old in 2017, and the Hubbardston Golden Agers are assembling a cookbook of townspeople's favorite recipes to commemorate the event. Proceeds from the sale will benefit the new senior center. Anyone who has a favorite recipe in any category is welcome to submit it for inclusion in the cookbook. The Cookbook Committee will be organizing them into categories, and a certain number of recipes will be selected for each category. Typed copies would be nice, but neatly hand-written ones are fine. The cookbooks will be printed and available for sale next year.

## May Basket Workshop

April 29: 10 a.m. "Crafty" seniors will have a chance to express their creativity and design pretty May baskets. These would be nice delivered to another senior, a shut-in, or nursing home resident to cheer them. We will have basic supplies, including cups, crepe paper, and pipe cleaners for handles available. Bring Easter or recycled greeting cards with flowers, animals and nice sayings that can be cut up to decorate them, or some small artificial flowers, and scissors, tape, etc would be helpful. We will have some small candies to put inside, or bring a special treat for that certain someone!

## Coming in May...

### Looking Forward, Looking Back

May 8: 6 to 9 p.m. Hubbardston's historical videographer, Gary Kangas, will be presenting the movie montages he had created at the time of the town's 200th and 225th Anniversary celebrations held in

*Next page...*

# April Schedule



## Regular Happenings:

### Mondays:

Wii Bowling : 8:00-12:00 as players are available.

Bingo 12:30 p.m.

Free Bread Delivery: 10:a.m.-on

### Tuesdays:

Wii Bowling: 8:00-11:30 a.m. as players are available.

M.O.C. Lunch: 11:45 p.m.

Swingin', Singin' Seniors: 1:30 p.m.

### Wednesdays:

Wii Bowling : 8:00-12:00 as players are available.

Free Bread Delivery: 10:a.m.-on

Knitting Group: 1:00 p.m.

### Thursdays:

Wii Bowling: 8:00-11:30 a.m. as players are available.

Free Egg Delivery: 9:00 a.m.-on

M.O.C. Lunch: 11:45 p.m.

Golden Age Meeting 1 p.m. (1st and 3rd Thursdays)

Cribbage Tournaments 1:30 p.m. (2nd and 4th Thursdays)

### Fridays:

Wii Bowling: 8:00-11:30 a.m. as players are available.

Pitch Parties: 6:30 p.m. (1st and 3rd Fridays)

## Events

Friday, April 10 at 1 p.m.: Wii Bowling Tournament at West Boylston Senior Center.  
Come and cheer!

Thursday, April 16 8:30 a.m.-on: Seed Swap. Share extra seeds with other seniors.  
(Details on Pg.-4)

Saturday, April 18 from 4-7 p.m.: Golden Agers Ham and Bean Supper, (Details on Pg. -4)

## Meetings

Tuesday, April 21 at 10:30 a.m.: Cookbook Committee meets at the Center. Come and bring your recipes then, or put in Recipes folder on Claudia's desk. (Details on pg. -4)

Tuesday, April 14 at 6:00 p.m. Senior Center Building Committee meeting.

Tuesday, April 21 at 6:00 p.m. Senior Center Building Committee meeting.

## March Cribbage Winners

On March 12, Pat Woodward and Roger McDonald were the winners, with a score of 602; on March 26,

Mary Chapman and Dot Owen were the high scorers, with a score of 604. There are usually twenty-four to thirty players each session. Come and join the fun!

Upcoming Events continued...

1967 and 1992. The whole town got together, and they worked for nearly two years to pull off some wonderful events: parties, dances and balls, and an incredible four-hour parade, the largest ever seen in this area. The Hubbardston Historical Commission, of which Gary is chairman, has formed a 250th Anniversary Planning Committee to plan a year-long series of events to be held in 2017 to mark the town's 250th birthday. Anyone who would like to learn more of what Hubbardston was like in earlier years will enjoy this presentation. Volunteers are being sought to come up with ideas and help in order to make the 250th celebration as memorable an occasion as the previous two were.

### Planning for Medicare-Countdown to 65



May 13: 10 a.m. This is a free comprehensive seminar sponsored by Blue Cross/Blue Shield that will be held at the senior center to help people approaching Medicare eligibility to understand their health insurance options outside of employer-sponsored coverage, whether they are planning to retire or continuing to work. It also allows attendees to gain the confidence they need to make an informed decision about their individual health coverage options. Topics will include an explanation of Medicare Parts A & B, Medicare enrollment timeline, Medigap plans that supplement Medicare coverage, Medicare Advantage Plans, such as HMOs and PPOs, Medicare Part D Rx drug plans, and plans and programs available to early retirees, such as COBRA.

### A New Senior Center – Pros and Cons

May 19: 7 p.m. While most of our senior readers favor the building of a new Senior Center and also a Public Safety building which will also be voted on in June, there are residents in town who are uninformed, on the fence, or in strong opposition to these projects. On the 19th, there will be a formal debate on the topic, presented by an even number of those in favor and those opposed, who will present the facts and argue the merits of their respective positions. This is being held to inform all voters on the various facets of this proposed project. Each side will be composed of those who feel strongly partisan about their views, and it's certain that this will be a lively and entertaining discussion! It will shine a clear light on what is involved in either moving forward with these town improvements or attempting to maintain the status quo. Come, listen and learn, so that as concerned citizens, you make informed decisions on Election Day!

### A Little Bible humor:

What kind of man was Boaz before he married Ruth? Ruthless

What do they call pastors in Germany? German Shepherds.

Who was the great financier in the Bible? Noah, he was floating his stock while everyone else was in liquidation.

What kind of motor vehicles were in the Bible? Jehovah drove Adam and Eve out of the garden of Eden in a Fury, David's Triumph was heard throughout the land. Also probably a Honda, because the Apostles were all of one Accord.

Who was the great comedian in the Bible? Samson, he brought the house down.

What excuse did Adam give his children as to why he no longer lived in Eden? "Your mother ate us out of house and home!"

## Bless Your Heart: Eat well!

More and more doctors are starting to tell their patients about the impact, for good or ill, which food choices have on their health. Here is a list of 51 foods you can say "yes" to, according to Tufts University's Health and Nutrition newsletter. Many of them are foods that can actually give your body a boost. Choosing those from the list can supply everything from essential nutrients to compounds that have been positively associated with preventing diseases and minimizing the toll of aging.

The list contains a number of protein sources that you can build a meal or snack around, as well as fruits, vegetables and other items that are good for you. The starred items are especially good for your heart health:

Fish: \*salmon, \*tuna, \*white fish (like cod, flounder or sole), \*mackerel, \*sardines;

Poultry: \*chicken breast, \*turkey breast (50% and 38% of your daily protein needs in a 3-oz. serving, respectively);

Meat: \*beef eye of round (when you just 'gotta' have beef, this cut is the leanest; 3 oz. fills nearly half your protein need), \*pork loin (leanest cut of "the other white meat" has 32% of your daily protein needs in a 3-oz. serving);

Dairy: milk, (non- or low-fat), yogurt, (non- or low-fat);

Nuts: \*almonds, \*walnuts, \*peanut butter;

Fruit: apples, apricots, \*bananas, \*blueberries, cantaloupe, cranberry juice, oranges, peaches, prunes, strawberries, watermelon;

Vegetables: acorn squash, asparagus, broccoli, brussel sprouts, carrots; cauliflower, collard greens, kale, \*kidney beans, okra, romaine lettuce, spinach, sweet potatoes, tomatoes;

Grains: \*barley, brown rice, popcorn, quinoa, whole-grain bread, whole-grain pasta. Cereals: bran flakes, \*oatmeal, shredded wheat cereal;

Other foods: tofu, \*canola oil, tea (especially if you drink it as a substitute for soda!)

Betcha didn't know:

\*Almonds are a good source of potassium and also riboflavin, magnesium and zinc.

\*Peanut butter's fat content is mostly monounsaturated, making peanut butter a good sandwich substitute for cold meats high in saturated fat.

\*Bananas are also a good source of potassium, which protects against bone loss, helps lower blood

pressure and reduces the risk of kidney stones. One medium one contains 422 mg, almost 10% of the 4700 mg, the Institute of Medicine says you need daily.

\*Blueberries contain antioxidants, and ongoing studies suggest they may boost brain function as we age. They are also a good source of Vitamin K, as are blackberries, which may help with preventing osteoporosis by helping calcium get into your bones.

\*Kidney beans are rich in fiber like all beans, and they are nutritionally similar, with lots of iron and protein. They are also a source of potassium and magnesium, as well as folate, which is being studied for potential benefit to the brain.

\*Barley (the whole grain, not the "pearled" variety) is a good source of iron and minerals. Try thoroughly-cooked barley as a substitute for vitamin-poor white rice. Whole grains like barley, kasha, millet and quinoa help protect against heart disease and cancer, and may help control diabetes.

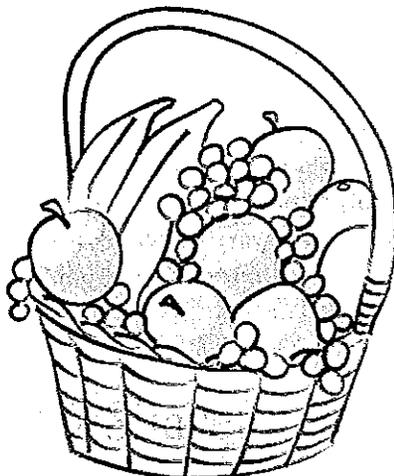
\*Oatmeal has been shown to lower cholesterol. You can also lower blood cholesterol with oat bran and with cold

cereal made from oatmeal or oat bran.

\*Canola oil used to replace butter, lard or other saturated fats can pay dividends for your heart, though like all fats, it contains 120 calories a tablespoon, so go easy.

\*Meat: Chicken breasts—boneless and skinless—are very convenient and a great way to get protein without a lot of fat. Broil, bake or grill—but don't fry! \*Pork loin is so lean that you need to be careful to cook it for the safe internal temperature of 160 degrees, but not beyond; use a meat thermometer. If it is still pink in the center, pork is safe to eat at 160 degrees. \*Turkey is rich in B vitamins and selenium. As well as being good as a main dish, it is also a good substitute for processed meats in sandwiches.

\*Fish: Mackerel contains heart-healthy Omega-3 fatty acids and is a good dietary source of Vitamin D and also selenium. Salmon's omega-3's are great for you but it is still pretty calorie-heavy. Wild-caught has 40 calories less than farm-raised in a 3-oz. serving, though. If you leave in the tiny bones in canned salmon, you also get extra calcium. \*The same goes for sardines! \*White fish is very good for you, but stay away from fish sticks and fish sandwiches; they are not healthy choices. \*Tuna's also great for omega-3's and is also high in vitamins B-6 and B-12. Buy water-packed, and substitute low-fat mayo or mayo mixed with low-fat yogurt for the fatty stuff!



## Using Herbs...

By Florence Pervier

With summer approaching and the growing season upon us, I want to cover a few herbs we can grow and use, starting with the most popular.

What would pesto be like without basil, or salsa without cilantro? Fresh herbs pull a recipe together by infusing a dish with aroma and flavor. Sweet basil, the most common type, is used in sauces, sandwiches, soups and salads. It is best used with tomatoes. A popular basil pesto recipe is made with fresh basil, pine nuts, garlic, romano or parmesan cheese, extra virgin olive oil, salt and pepper:

2 cups fresh basil leaves  
½ cup romano or parmesan cheese  
1/3 cup pine nuts  
3 peeled garlic cloves  
salt and pepper to taste  
½ cup extra virgin olive oil



Blend the first five ingredients together in a food processor, gradually drizzling in the olive oil until the mixture is smooth and everything is thoroughly incorporated. Use on pasta, baked potatoes and spread on crackers or toast. (Extra can be stored in a container with a tight lid for several weeks.)

Another favorite herb is mint. A sprig can be used to garnish your dessert plate. It is also a treasured companion to lamb. It is also used in fruit and vegetable salads. The spearmint variety is preferred for cooking. Rosemary is the most pungent of all herbs. With its lemon-pine flavor, it is also paired well with lamb when mixed with garlic and olive oil. Rosemary is also used in tomato sauce, on pizza and with pork. Use it sparingly, as it is very strong.

Next month, we'll discuss other herbs and their uses.

### Ten-Second Prayer:

Lord, if today I lose my hope, please remind me that your plans are better than my dream. Amen.

Life is not the way it's supposed to be. It's the way it is....The way we cope with it, is what makes the difference.

Your mind is a garden,  
Your thoughts are the seeds,  
You can grow flowers...  
-Or you can grow weeds!



## Why Do We Say That?

### *A SHOT OF WHISKEY*

In the old west a .45 cartridge for a six-gun cost 12 cents, and so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

### *THE WHOLE NINE YARDS*

American fighter planes in WWII had machine guns that were fed by a belt of cartridges. The average plane held belts that were 27 feet (9yards) long. If the pilot used up all his ammo he was said to have "given it the whole nine yards."

### *BUYING THE FARM*

This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm, so if you died you "bought the farm" for your survivors.

### *IRON CLAD CONTRACT*

This came about from the ironclad ships of the Civil War. It meant something so strong it could not be broken.

### *PASSING THE BUCK/THE BUCK STOPS HERE*

Most men in the early west carried a jack knife made by the Buck knife company. When playing poker it was common to place one of these Buck Knives in front of the dealer so that everyone knew who he was. When it was time for a new dealer, the deck of cards and the knife were given to the new dealer. If this person didn't want to deal, he would "pass the buck" to the next player. If that player accepted, then "the buck stopped there".

### *RIFF RAFF*

The Mississippi River was the main way of traveling from north to south. Riverboats carried passengers and freight, but they were expensive so most people used rafts. Everything had the right of way over rafts which were considered cheap. The steering oar on the rafts was called a "riff" and this transposed into riff-raff, meaning low class.

### *SHIP STATEROOMS*

Traveling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered; instead, they were named after states. To this day, cabins on ships are called staterooms.

(Part II next month)

## I've Learned...

I've learned ....

That the best classroom in the world is at the feet of an elderly person.

That when you're in love, it shows.

That just one person saying to me, 'You've made my day!' Makes my day.

That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

That being kind is more important than being right.

That you should never say no to a gift from a child.

That I can always pray for someone when I don't have the strength to help him in some other way.

That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

That sometimes all a person needs is a hand to hold and a heart to understand.

That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

That we should be glad God doesn't give us everything we ask for.

That money doesn't buy class.

That it's those small daily happenings that make life so spectacular.

That under everyone's hard shell is someone who wants to be appreciated and loved.

That to ignore the facts does not change the facts.

That when you plan to get even with someone, you are only letting that person continue to hurt you.

That love, not time, heals all wounds.

That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

That everyone you meet deserves to be greeted with a smile.

That no one is perfect until you fall in love with them.

That life is tough, but I'm tougher.

That opportunities are never lost; someone will take the ones you miss.

That when you harbor bitterness, happiness will dock elsewhere.

That I wish I could have told my Mum and Dad that I love them one more time before they passed away.

I've learned ....

# CONGREGATE MEALS

## April 2015

All meals include 1% milk

MOC Elder Nutrition  
For cancellations please call  
978- 345-8501 EXT 1

Menu is subject to change without notice

Suggested voluntary donation: \$2.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>April 1</b> Portuguese Kale Soup Grilled Chicken Caribbean Sauce Brown Rice Whole Wheat Bread Mandarin Oranges	<b>2</b> Chicken a la King Herbed Egg Noodles Peas and Carrots Herb Biscuit Pineapple	<b>3 Good Friday</b> Broccoli Bake Tater Tots Green Beans Whole Wheat Bread Sugar Cookie Diet: Lemon Graham
Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:
<b>6</b> Minestrone Soup Roast Pork w/Rosemary Gravy Whipped Potatoes w/Sour Cream Rye Bread Muffin Diet: Blueberry Graham	<b>7</b> Meatball Cacciatore Rotini Pasta Tossed Salad Garlic Bread Stick Fresh Fruit	<b>8 SPECIAL</b> Chicken Kiev Brown Rice/Red Pepper Sesame Broccoli Whole Wheat Roll Lemon Cake Diet: Gingerboy Cookie	<b>9</b> Cream of Tomato Soup Fish Wedge Oven Roasted Potatoes/Paprika Whole Wheat Bread Applesauce	<b>10</b> Macaroni and Cheese California Blend Italian Bread Pineapple
Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:
<b>13</b> Chicken Breast Teriyaki Herbed Noodles Spinach Whole Wheat Bread Fresh Fruit	<b>14</b> Escarole Soup Beef Bolognaise Penne Pasta Italian Bread Pears	<b>15</b> Beef Stew Tossed Salad WG White Bread Applesauce	<b>16</b> Pork Rib w/BBQ Sauce Mashed Potatoes Broccoli Rye Bread Peach Crisp Diet: Apple Cinn Graham	<b>17</b> Chicken Jambalaya White Rice Italian Green Beans Multigrain Bread Tapioca Pudding Diet: SF tapioca Pudding
Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:
<b>20 Patriot's Day</b> 	<b>21</b> Corn Chowder Baked Quartered Chicken w/Apricot Sauce Brussels Sprouts Multigrain Bread Whole Wheat Bread Fresh Fruit	<b>22</b> Thai Sweet Chicken Brown Rice Oriental Vegetables Whole Wheat Bread Pineapple Fortune Cookie	<b>23</b> Tomato Cabbage Soup Roast Turkey w/ Tarragon Gravy Mashed Potatoes/Chives Chocolate Chip Cookie Diet: Chocolate Graham	<b>24</b> Fish Sticks Sweet Potato Coins Broccoli/Red Pepper Salad Whole Wheat Bread Flavored Yogurt
Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:
<b>27 HIGH SODIUM</b> Split Pea Soup Baked Ham with Honey Mustard Sauce Scalloped Potatoes w/Spinach Whole Wheat Bread Mandarin Oranges	<b>28</b> Beef Burger w/ Jardinière Gravy Mashed Potato Green Beans Rye Bread Fresh Fruit	<b>29</b> Chicken Corn Stew Italian Green Beans Biscuit Hermit cookie Diet: Fig Newton	<b>30</b> Cheese Lasagna w/Tomato Basil Meat Sauce Tossed Salad Italian Bread Chocolate Pudding Diet: SF Chocolate Pudding	<b>May 1</b> Grilled Chicken w/ Breast w/Red Pepper Pesto Brown Rice Mixed Vegetables Multigrain Bread Pineapple
Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:	Calories: % Fat: Sodium:

**Hubbardston Council on Aging**  
**Unit #3**  
**7 Main Street**  
**Hubbardston, MA 01452**

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CLIP & SAVE

**Hubbardston Council on Aging Mission Statement**

The Hubbardston Council on Aging and its 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 and independent lives.

The following are all members of the Council, and any one of them may be contacted with ideas and suggestions for future activities or needs in the community that they, with your input, could address:

Claudia Provencal, Director of the Council on Aging. She usually can be reached directly by calling 978-928-1400, X211, and leaving a voicemail if she's unavailable. After hours, she can be reached at home at 978-928-5195. (The email address for the COA is [hubbcoa@hubbardstonma.us](mailto:hubbcoa@hubbardstonma.us))

Hilary Scott, Jr., Chairman 978-928-1372 [sk.scott417@aol.com](mailto:sk.scott417@aol.com)

Florence Pervier, Vice Chairman 978-928-5113

Walter Scott, Treasurer 978-928-5053 email: [wscott7@charter.net](mailto:wscott7@charter.net)

Mary Ellen Shaughnessy, Recording and Corresponding Secretary, Contact Mary Ellen with information of anyone hospitalized or housebound, or in the event of a death, so that the Council may send an appropriate card.

Dick Cunningham, 978-632-5452

John Nason, 978-820-1148; email: [jnason1@live.com](mailto:jnason1@live.com)

Bonnie Cunningham editor Hubbardston Senior News email: [brendastarr148@hotmail.com](mailto:brendastarr148@hotmail.com).

Please Note: We would like to mail our newsletter to all interested seniors in town, but we don't have enough funds in our budget to do so. However if you would like us to send this to your computer, please send your email address to us at the COA.

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