

HUBBARDSTON SENIOR

NEWS

May 2016

“WHEN AN OLD PERSON DIES, A LIBRARY IS LOST.”

I recently rediscovered some random ideas for future newsletters I had jotted down on a scrap of paper, and when I came to the sentence above, it really made me think once more about the importance of memories.

How many times, when people our age are reminiscing about their childhoods and their parents or grandparents, or relating a tale about their family history, you hear them say, “I wish I had asked my Mom (or grandparent, aunt or uncle) about that. I wish I had paid more attention when they were all together, telling stories about family members or what they had experienced.”

This was brought home to those who were fortunate enough to attend the performance of storyteller Davis Bates at the Senior Center on May 18. He told many interesting stories; some were folktales from different ethnicities, and some were those he remembered from his own grandfather. One thing he emphasized at the end of his performance is that each of us has at least one story to tell: *our life story*. He urged those present to take the time to talk with their children and grandchildren about their lives, because these remembrances are important; they are our individual family histories.

How many of you have gone to a funeral of a contemporary, and when it’s time for the family members to step forward and deliver a eulogy or personal reminiscence, a son or daughter will say, “my Dad always told me about when he...,” “or a grandchild will say, “ I remember that Grandma told me when she was growing up, she...” These were their loved one’s oral histories, and now that the person was no longer around to utter them, their words were even more precious, and they are ingrained in the memories of the generations that are coming after them.

Our trials and tribulations, our successes and failures, our advice and sayings—even our lame jokes!—are things that our loved ones will remember—but only if we tell them the stories! That’s one of the reasons journals are such great repositories of our lives. They reveal the daily minutiae of what we are doing, our concerns about what is going on in the world at the time, our feelings and frustrations-but only if we take the trouble to write them down!

Journals are important, not only to our families, but in the long view, to future historians. I heard an official from the American Antiquarian Society relate how, many years ago, someone had rescued forty years of an elderly relative’s daily journals and had turned them over to the Society. The researchers had been able to read notations ranging from the immediacy of a stirring first-person account of hearing the cannon in the distance from the Battle of Bunker Hill, and worrying about the outcome, to the mundane

records of how many skeins of wool that woman had spun on a given day! Historians learned valuable information from that isolated farm wife's daily jottings.

Now that we have modern technology, videos and cell phones can capture the interactions at a family gathering, and if prodded a little, the older members of the family can tell some great stories to save for posterity. Twenty-five years ago, for the town's 225th anniversary, Hubbardston videographer and photojournalist Gary Kangas got some great footage of seniors who grew up in Hubbardston, getting together to reminisce. They were telling about their childhoods and what they remembered of what our little community was like back in the 30's, 40's and 50's.

Wouldn't it be meaningful to record some "Evenings of Reminiscences" at the senior center sometime soon, to save as a memento of the town's 250th? It will be easy, now that we have cable, to create an interesting program. It wouldn't have to necessarily be about childhoods spent in Hubbardston; all our seniors have interesting anecdotes to share about their younger years, wherever they grew up. Tales of living through the Depression; going off to war in WWII, Korea or Viet Nam, or waiting and worrying for loved ones to return; coping in their absence, and starting life anew in the postwar years; and growing up in the tumultuous 50's and 60's--- all would be interesting narratives to others. It would also be fascinating to hear from those who may have emigrated here from other countries, and their early impressions of America. (Please talk to Claudia if this project piques your interest and you would be willing to take part.)

If you would like to save your memories for future generations but think, "I can't write," here are some prompts to help you get started in framing your experiences into an interesting narrative: Start with your earliest memories of your home and town. Then progress to relationships with your parents, brothers and sisters, and go on to school days. As your world broadens, childhood friendships can be explored, and then go on to "firsts:" -your first day of school, pet, boyfriend or girlfriend, bicycle, or car, or job. Since life was so different back then, talk about what you didn't have as well, like indoor plumbing, or an electric refrigerator! Talk about your chores, fun family times, and when you got yourself in (and out!) of trouble. Talk about exciting historical times you lived through, like the polio epidemics, Kennedy's assassination, John Glenn's flight and other events imprinted in your mind. Use LOTS of adjectives in your descriptions; they make individuals' personalities more memorable and events more real to your reader. My contact information is on the back of this newsletter if you get stuck and need some help. We all have lived rich and eventful lives and have our stories to share. Let's not let our "libraries" be lost! BJC

Recent Events

"Songs of the War Years" a trip down Memory Lane

A joint venture of the Hubbardston and Westminster Councils on Aging brought together seniors from both towns to hear Ruth Harcovitz, a talented soprano, accompanied by a pianist, present a program of songs popular during World War II. The event was sponsored by a single grant from the Mass. Arts Lottery Council and the Mass. Cultural Council. The old songs, filled with romance and longing, brought back many memories for those who attended. Members of the two Councils offered a light lunch after the program, which was held in Westminster's new Senior Center.

Plant Sale pleases Gardeners

Those looking for new plants for their gardens enjoyed getting them at bargain prices at the Senior Center's First Annual Plant Sale held on May 14th and 15th. Generous seniors contributed purchased annuals, brought started slips from house-plants, and divided perennials from their gardens, and there was a diverse selection. Proceeds were given toward the new senior center.

May Basket Workshop

On May 17, charming, cone-shaped May baskets made from heavy patterned craft paper and trimmed with ribbon hangers were constructed by a number of seniors, and then they were filled with pretty dwarf pansy plants. The workshop was conducted by Tara Rivera of Navicare. She was also at the Senior Center in February, when she helped seniors make cheery little baskets filled with Valentine candy. Both projects could be shared with shut-ins and grandchildren, and patterns were simple and easy to duplicate for those who wanted to make more at home.

Storyteller weaves his spell

Davis Bates, a personable and engaging soul with a striking long and luxuriant white beard, captivated his audience with his repertoire of stories, cajoling even the most reserved senior into participating when sound effects were needed! He has practiced his craft for many years, and gave a performance for children at the Library some years ago. His appearance on May 18 was a treat, and underwritten by a grant from the Hubbardston Cultural Council and the Mass. Cultural Council.

First Annual Meeting of the Friends of the Senior Center

The "Friends" group, which formed last year, is going to be the fund-raising arm of the Senior Center, raising money through various projects that can be used for the new senior center as well as programs to benefit the current seniors. In order to function properly as a fundraising group, it had to achieve 501c(3) status, so that people who donate can claim their donations on their taxes. This has been accomplished through affiliation with the Community Foundation of North Central Massachusetts.

The meeting, which was attended by over forty members of the Friends, had Linda Mack, V.P. of Development and Donor Services, as one of the guest speakers at the meeting, who explained what the foundation does, and how it helps small non-profits to function effectively. The other speaker was John Catlin of the architectural firm chosen to design the town's proposed Senior Center, whose presentation to a rapt audience explored the center's smaller, re-designed footprint and plans, and displayed computer-generated illustrations of what the exterior of the building and grounds would look like, all on a projection screen. He also detailed many of the possible uses for the various rooms and areas, some of which had not occurred to many of those present. A fine luncheon of several kinds of soups, salad, various sandwiches and homemade desserts followed the meeting.

Upcoming Events

May 30, 2 p.m. *Memorial Day Celebration and Parade*

Scout troops have gone to all the town's cemeteries, to perform the annual ritual of putting flags on the graves of veterans to honor them this Memorial Day. This year, the ceremonies on the Common look to honor not only all veterans, but especially the Viet Nam veterans among us. The parade participants will line up at Curtis Field at 1:30 p.m., with the parade starting at 2 p.m. All veterans are invited to march in the parade, with a special invitation for the Viet Nam vets to participate. The Memorial Day Committee will be distributing small flags along the parade route for people to wave. The Al Youngman Band will be providing marching music, and will accompany the Quabbin Singers at the program on the Common after the parade. Three Center School children will be doing patriotic recitations. Tom Colyer and a guest speaker will speak on the impact of the war and what coming home and the years afterward have meant for those who went to Viet Nam. The Council on Aging and the Senior Center are holding a reception for all veterans and their

families at the center after the ceremonies, providing hot dogs and hamburgers. Anyone wishing to volunteer to help with this event should contact Claudia at the Center.

June 1 6:30 p.m. *Candidates Night at the Senior Center*

Those who are running for office in the upcoming election will be present to introduce themselves and their goals for the town; it is to be hoped that some officials running unopposed for their positions will also be present. Rep. Berthiaume and Sen. Ann Gobi have also expressed an interest in attending.

*******June 1, 7:30 p.m., Public Hearing*******

(This is being held simultaneously with Candidates Night next door in the selectmen's room, due to a scheduling glitch.)

It will be a public hearing on a citizens' petition for a change to amend the Town Charter. It would add the following section: "All Prop. 21/2 Ballot Question(s) (MGL 59, Section 21C) to be presented for voter approval shall be permitted only once per fiscal year. The question(s) shall appear on the annual town election ballot and shall not appear on any special town election ballot."

This article will appear on the upcoming June annual meeting warrant. If approved, the selectmen will not be able to put an article to approve the senior center on the warrant for the special town meeting to be held in September or October, moving the vote for the senior center all the way to June 2017. (all underlining is mine. --BJC)

For a bit of history---After the annual meeting last year, the seniors petitioned (with over 300 signatures) to have the senior center voted on again *by itself* at the fall special town meeting, where it passed, but failed on the ballot vote with only a 50-vote margin. (*It had previously been defeated by a considerable margin when it was combined in a single article with the Public Safety Building on the ballot vote in June.*) This current petition, which is the subject of the hearing, (brought with a mere 24 signatures) apparently has been circulated by those upset by that second attempt for a re-vote by those favoring the new senior center. While adding this constricting change to the current Town Charter would accomplish their aim, it could also have unintended consequences: It would also hamstring the select board from acting quickly to raise needed funds if we were ever to experience a dire town emergency in the future, such as we experienced during the 2008 ice storm and its expensive aftermath. The hearing is open to the public, and needs to have interested citizens present to raise questions. If you are going to Candidates Night, feel free to migrate next door at 7:30 and make your voice heard!

June 10, 12 noon *Annual Chicken Barbecue*

.Peaceful Acres Campground, Flagg Road. You must sign up at the Senior Center if you plan to attend. The Citizen of the Year award will be made, and the drawing of the winner for the gift certificate tree will be held: Tickets will be available at the Senior Center anytime and then at the campground before the drawing.

June 18 and 19 9 a.m. to 3 p.m. *Spring Yard Sale*

Seniors have been busily collecting all sorts of interesting articles for this sale; several houses are being completely cleaned out and the contents brought to the center, so there will be lots of items to peruse! We need your help! Volunteers are needed to help set up, do selling and to clean up and pack up residue afterward. Please contact Claudia at 978-928-1400 X211 if you can give us a hand. All proceeds of the sale items benefit the Senior Center; a luncheon will be provided by the Golden Agers, which will benefit their Scholarship fund. If you have items to donate, bring them to the senior center anytime; they will be stored until the event.

July 10 *Foxwood's Trip*

A signup sheet with details is available at the Center.

Aug. 6, 9:15 a.m. Worcester Art Museum Trip

Hubbardston seniors who would like to broaden their cultural horizons a bit will enjoy a trip planned for Aug. 6 to explore the Worcester Art Museum. This often-overlooked repository of art, from ancient times to the present, gives visitors lots of chances to ooh and aah over the artistry presented through many different mediums.

Not generally known is that museum attendance is free if you arrive between 10 a.m. and noon on the first Saturday of the month! (The usual price is \$16 for adults and \$14 for seniors.) As long as you arrive between 10 and 12, you can stay until 5 if you'd like, at no extra charge. The museum has a very nice café that serves luncheon fare of sandwiches, soups and desserts. We will be going down in the MART van, which holds ten, and others may carpool. We will leave the senior center at 9:15 a.m.

A special exhibition that began in May and continues through September showcases artists' fascination with the cat. Called "the Captivating Cat: Felines and the Artist's Gaze," it shows the cat as represented by artists, from the ancient Egyptians' statue of the cat god Bastet up to works by artists of the present, through prints, paintings and sculptures.

If, like mine, your spouse might hesitate to come on a trip like this because extensive walking and standing is an issue for him or her, I was pleased to discover on a Mother's Day excursion that they have about a dozen wheelchairs visitors can borrow. (It was the first time my husband had ever consented to be in a wheelchair except for the hospital, but it was a revelation for him, since he was really able to enjoy the visit because he didn't get exhausted and wasn't in pain. There are many elevators throughout the building, as well as handicapped accessible rest rooms.) He is eager to go again, since there was so much more to see! There will be a sign-up sheet posted at the senior center; seating is limited on the van, and we'll need to set up the carpooling. Please plan to join us on this new venture!

November 18-20: Grand Amish Christmas!

A three-day, two-night trip to the Amish Country

Participants will leave Hubbardston at 7 a.m. They will tour Philadelphia with a guide who will point out all the sights, including the Liberty Bell. The group will then travel to

Lancaster, PA where they will stay at the Heritage Hotel, with all amenities. Supper will be an authentic Pennsylvania Dutch Feast at the Miller's smorgasbord, the finest Lancaster restaurant. On day two, after a hot breakfast, there will be a tour of the Lancaster area, with visits to the Kitchen Kettle, Amish Bakery and quilt shops. In the afternoon, the tour includes the Sight and Sound Theater's "The Miracle of Christmas" show, a stunning musical based on the Biblical Christmas story with stage drama and a beautiful musical score. Dinner is included.

On day three, after breakfast, the tour proceeds to nearby Hershey, PA where everyone will tour "Chocolate World" and learn the story of Milton Hershey, the famous philanthropist. The tour returns to Hubbardston at 7 p.m. with fond memories of the Amish and their Christmas celebration. Cost: \$389 per person, double occupancy; \$379, triple occupancy; and \$499, single. To budget the cost, Claudia will be accepting monthly payments of \$65 for individuals and \$130 a couple, until the balance is paid by the end of October. Seating is limited, so sign up at the senior center soon! (Claudia's number is 978-928-1400 X211.)

SENIOR CALENDAR – REGULARLY SCHEDULED ACTIVITIES

BINGO-Every Monday at 12:30 p.m. EVERYONE IS WELCOME!

PITCH PARTIES- These are held on the first and third Fridays at 6:30 PM. Everyone is welcome. Donations of refreshments are appreciated.

CRIBBAGE TOURNAMENTS- These are held on the 2nd and 4th Thursdays at 1:30 p.m. Ditto on the refreshments!

Wii BOWLING- Most mornings from 9:00 till ?. This is light exercise and lots of fun. Everybody welcome. Ask for Richard.

WALKING CLUB-Everyday at 9:00 a.m., starting at the Senior Center and heading up Main Street to High Street. The group has built up enough stamina to go all around the circle, coming home via Rte. 68!

SWINGING SINGING SENIORS-Every Tuesday at 1:30 p.m. Come and sing along! New members welcome.

SEWING/KNITTING GROUP- The group has decided to take a break for the summer, and will resume in the fall.

GOLDEN AGE MEETINGS- Every 1st and 3rd Thursdays at 1:00 p.m.

MONTACUSETT OPPORTUNITY COUNCIL CONGREGATE MEALS-Every Tuesday and Thursday at the Senior Center at 11:30 a.m. Come and enjoy our fellowship! Call 978-342-8501 ext. 211 before 11:30 a.m. the day before to reserve a meal. \$3 donation suggested.

BREAD DAY-Every Monday, Wednesday and Friday. (Compliments of Price Chopper)

EGG DAY- Every Thursday for Hubbardston Seniors. (Compliments of The Country Hen)

COFFEE AND TEA-Every day from 8:30 til ?.

EVERY DAY-Watch TV Channels 191 and 192 for special announcements and Hubbardston happenings! (Selectmen's meetings are now televised.)

FOR MORE INFORMATION ABOUT ANY OF THESE EVENTS, CALL CLAUDIA AT 978-928-1400 X

Ongoing Fundraisers:

Gift Certificate Tree:

Jan and Walter Scott had a good idea for people who get gift certificates during the holidays they never end up using; they suggested gathering them for a special drawing to benefit the Center. The drawing for the gift certificate tree—winner take all!--- will be at the Chicken Barbecue on June 10. Tickets are \$2 each, and three for \$5. You do not have to be present to win. You can get your tickets at the Center or on the day of the barbecue.

Bottle and Can Drive:

People are really “getting with the program!” They either cash in bottles and cans they find on the roadsides on their walks and drop their contribution in the can at the Center, or bring them in for yours truly to redeem at the recycling centers. I also have people who drop them in the big white barrel beside my driveway on Ragged Hill Road. Each one may only be worth a nickel, but it all adds up and goes toward the fund for the new center.

Philosophy

Quotable Quotes:

The best way to be missed when you’re gone is to stand for something when you’re here. *Seth Godin, author.*

If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse. *Jim Rohn, inspirational speaker.*

All I Really Need to Know I Learned in Kindergarten

Share everything.

Play fair.

Don’t hit people.

Put things back where you found them.

Clean up your own mess.

Don’t take things that aren’t yours.

Say you’re sorry when you hurt somebody.

Wash your hands before you eat.

Flush.

Warm cookies and cold milk are good for you.

Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon.

When you go out into the world, watch out for traffic, hold hands and stick together.

Be aware of wonder. Remember the little seed in the Styrofoam cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup—they all die. So do we.

And then remember the Dick and Jane books and the first word you learned—the biggest word of all—

LOOK!

From “*All I Really Need to Know I Learned in Kindergarten*” By Robert Fulghum

Keep It? Toss It?

Spring is a great time to go through those stacks of miscellaneous paper and old receipts that we have accumulated. I'm like the old fellow who when asked why he quit his job sorting tomatoes, declared, "Because *I can't stand the damned decisions!*" I am often in a quandary, because even though I'm pretty sure about what to keep and what to throw away, I'm never sure *how long* I should keep certain things. The following list came from Templeton's News for the 50+, and should be helpful for others who have a hard time making those decisions!

(Note: When it says "Dispose of!" you need to remember to shred or burn anything that has account numbers, social security numbers, dates of birth, and any other info that an identity thief could use.)

KEEP ALWAYS!

Birth and Death certificates

Wills

Marriage Licenses and Divorce Decrees

Military Discharge papers

Life Insurance Policies (You can dispose of term insurance policies when they run out.)

Tax returns and supporting documents: **Keep seven years.**

Investment purchase confirmations and 1099s: **Keep until you sell, and then keep with tax records for seven years.**

Brokerage, 401K, Keough and other investment statements: **Dispose of the old monthly and quarterly statements after you receive new ones. Hold onto the statements until you sell the investments.**

Bank Statements: Dispose of after a calendar year; **keep with tax returns if they will be used to support deductions.**

Bank Deposit Slips: Dispose of after you reconcile your statements.

Savings Bonds: Cash them in when they mature.

Credit Card Bill statements: Dispose of after you check them and pay the bills **unless you need them to support tax documents. (It might be a good idea to keep those that note a big purchase, like an appliance, in case you misplace your receipt. Circle the amount and note what it was for.)**

Household Warranties and Receipts: Keep until you no longer own the item.

Insurance Policies: Dispose of the old ones once you renew and get the new one.

Pay stubs: Dispose of after you check them with your W-2.

Receipts: Dispose of after double checking with your bank or credit card statement, unless needed for a warranty or a tax deduction.

Utility bills: Dispose of after one year, unless needed for tax purposes.

Social Security statements: Dispose of the old when you get a new one.

Loan Documents: Dispose of after you sell what the loan was for.

Health Tips:

Swallowing Capsules, Now Made Simple!

Have trouble swallowing those large capsules? In a recent German study, a different approach helped 90 percent of patients with difficulty. Put the capsule on your tongue, take a sip of water, *and tilt your head forward as you swallow. Capsules, (but not tablets) are lighter than water, so they naturally float toward your throat when you lean forward.* Still, an earlier study showed that only 2 percent of people knew to bend forward!

Allergens and Asthmatics: Tips for Helping Cope

Unless you or a loved one are in that situation, it is sometimes hard to envision how difficult life can be when you can't get enough air; it must be like getting strangled on the installment plan. I am always grieved when I see senior friends straining to breathe, lifting their shoulders in a sometimes vain attempt to get just a little more air in their lungs. A recent brief article in the Worcester Telegram gave some hints to make life a little easier when breathing freely is an issue:

One was by being selective when making purchases, as your choice can dramatically impact allergy triggers and asthma in your home. When shopping, look for the certification mark of the Asthma and Allergy Foundation of America (AAFA). For the past ten years, this strict, scientifically based program has tested products from cleaning supplies to toys and more to ensure they are safe for people with allergies. Look for the mark on items in stores or online. There is a full list of products and where to find them online at www.aafa.org/certified. (Check this out when buying gifts for allergic children or grandchildren, too.)

Another point made was that removing allergens in the home requires regular cleaning, and oftentimes the cleaning products themselves can trigger allergy and asthma attacks. It's best to avoid products with strong odors; if you must use them, try wearing a mask that covers your nose and mouth.

The article noted that it's important to purchase bedding that won't trigger attacks, since you spend one-third of your time in your bedroom. Look for bedding where the outer fabric is an effective allergen barrier and can be easily cleaned to remove accumulated allergens. It should also be breathable to ensure comfort and contain no chemicals known to trigger attacks.

A vital component for those with allergies or asthma is having good indoor air quality. Look for the AAFA certification mark when buying humidifiers and look for options that maintain appropriate moisture levels while sanitizing the water. For air cleaners, look for independent testing that proves the device reduces the allergens *by removal*, and not just by *redistributing them*. Also, for anyone using a sleep apnea machine, be diligent about washing out the hose and disinfecting the water reservoir to lower allergen accumulation and bacterial growth.

Three early warning signs of a stroke

When someone has a stroke, every second counts. The reason is that clot-busting drugs like tPA can prevent permanent damage, *but only if they are administered within four hours*.

Unfortunately, a stroke's early symptoms are not always dramatic or sudden enough to attract attention. Sometimes they're as subtle as a headache, nausea or just feeling weak. The good news is that there is a simple test you can do to tell if someone is having a stroke. It takes less than a minute, but it's very accurate, even when done by someone with no medical training.

Here is what you do:

1. Ask the suspected stroke victim to raise both arms and hold them up. **Warning sign: one arm is slower, lower or weaker.**
2. Ask him or her to smile. Warning sign: **Smile is lop-sided.**
3. Have him or her repeat the sentence "Linda loves lemon lollypops." Warning sign: **Speech is slurred.**

If you see any of these warning signs, call 911 immediately. ***Do not drive the person to the hospital yourself. Reason: Ambulance patients receive tPA much sooner than those who do not arrive by ambulance. By calling 911, you may be saving your loved one from brain damage, paralysis, or even death!***

(from www.BottomLineYearbook.com)

HUMOR

Maxine Has Questions- Part II

- Why doesn't Tarzan have a beard?
- Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?
- Why did Kamikaze pilots wear helmets?
- Whose cruel idea was it to put an "s" in the word "lisp"?
- If people evolved from apes, why are there still apes?
- Why is it that, no matter what color bubble bath you use, the bubbles are always white?
- Is there ever a day that mattresses are not on sale?
- Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?
- Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it and then put it down to give the vacuum one more chance?
- How do those dead bugs get into the enclosed light fixtures?
- Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?
- Why, in winter, do we try to keep the house as warm as it was in summer when we complained about the heat?
- The statistics on sanity say that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends. If they're OK, then it's you!

REMEMBER, a day without a smile is like a day without sunshine!

And a day without sunshine is, like.....night!!!!

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied, "Two years older than me." "So you're 96," the undertaker mused. She responded, 'I know. Hardly worth going home, is it?

Telling the sex of a fly

A woman walked into the kitchen to find her husband stalking around with a fly swatter.

"What are you doing?" she asked. "Hunting flies," he responded

"Oh. Killing any?" she asked. "Yep, Three males, two females," he replied.

Intrigued, she asked, "How can you tell them apart?"

He responded, "Three were on a beer can, two were on the phone."

MEMORIES from a friend :

"My Dad was cleaning out my grandmother's house and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it into a salt shaker or something! I knew it as the bottle that sat on the end of Grandma's ironing board to 'sprinkle' clothes with, because we didn't have steam irons. Man, am I old!!

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

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.

Meet Your Council on Aging Member Information and Contact List

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

Claudia Provencal, Dir., Council on Aging. She can be reached at the Center at 978-928-1400, X211; leave a voicemail if she's unavailable. After hours, call her at 978-928-5195.

(Email for the Senior Center is hubbcoa@hubbardstonma.us)

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This is the new fundraising arm of the Senior Center. They are always looking for new members, help, and good ideas for fundraising. Get involved! It's your Senior Center, too! If you would like the newsletter sent to your inbox, send your email address to Claudia so we can establish a readership database; no funds are currently available for mailing at the P.O.

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