

Russell Mercier Senior Center

14 Stonecroft Drive

Hebron

(860) 228-1700

Hours: Mon-Wed, 8:00 a.m.-4:00 p.m.; Thurs. 8:00 a.m.-6:00 p.m.; Fri. 8:00 a.m.-1:00 p.m.

For Immediate Release:

May 17, Mon.- Voting will begin at the Senior Center today, for **Hebron's 10th Annual Top Dog!** Hebron Town Clerk, Carla Pomproicz, is reserving the **# 1 Dog Tag** for the fiscal year 2010-2011 for the contest winner. This year the voting will be open to the general public during the week of May 17th through May 21st. Any Hebron resident may visit the Russell Mercier Senior Center to pick up a ballot and cast their vote. The winner will be announced during our Memorial Day picnic on May 26th. In addition to the #1 tag, the #2 and #3 Hebron tags will be reserved for the two runners up. If you think your dog deserves this honor, send a photo of your dog with your dog's name, your name, address and phone number to Town Clerk's Office, 15 Gilead Street, Hebron, CT 06248. (Resumes are not necessary.) The photo must be received no later than TODAY, Friday, May 14th. The # 1 license will be issued to the winner on June 1st, free of charge, compliments of the Town Clerk. Dog licenses go on sale June 1st. Dog owners will be sent a notice in May reminding them to renew their dog license during the month of June.

May 18, Tues. 1:00 p.m.- ALL are invited to attend the **May Community Sing-Along & Celebration of Birthdays!** This month's party will feature our traditional sing-along with the talented Sandy Hooker, Pianist & David Fields, Bass Fiddler. As always, a delicious dessert will be provided, compliments of the Marlborough Health Care Center. Whether your Birthday is in May or not, we welcome everyone to attend, sing, socialize, and celebrate!!! Check the back page of this newsletter and see who is celebrating a May Birthday!

May 19, Wed. 1:00 p.m.- Calling all experienced Nintendo Wii Bowlers and those who are interested in learning to play... This is a game of **bowling**, with the pins, alley, and balls all shown on a big screen TV! It is easy to use and you can even play while sitting in a chair. If you would like to learn, don't be shy, just come to the Senior Center and we'll teach you!

May 20, Thurs. 12:00 p.m.- Today, along with a nutritious meal in our Community Café, we will also have a session of **Nutrition Education**. Lorri Lennon, M.A., R.D., Assistant Director of Nutrition & Food Production at CRT, will be here to discuss, "Unsalted Please!" This general overview will cover sodium- how much you need, why too much is not good for you, and tips on how to lower your sodium intake. As always, those planning to attend for lunch must call the Senior Center or stop in to sign up, by noon on the prior business day (in this case- Wednesday at 12:00 p.m.). Meals are served to those ages 60 and older at a suggested donation of \$2 or whatever you can afford. Donations may be made on the day of the lunch.

May 20, Thurs. 4:00 p.m.-5:30 p.m.- Larry E. Zimmerman, a local writer and historian, has published thirteen books, many on the history of Amston Lake, and will be donating his time and expertise to lead a **6 session short story writing course** at the Senior Center. This course will teach

the fundamentals of a short story- structure, form, plot, characterization, theme, development, etc. The class will analyze some classic short stories to solidify the process. Each student will try to write some exercises during each class and write a short story by the end of the 6-sessions. Absolutely no writing experience is required. Embrace your creative side by learning this new, fun skill. The Deadline to Sign Up is Wednesday, May 19th.

The Deadline to Sign Up is This Week...

May 26, Wed. Lunch will be served at 12:00 p.m.; Music will begin at 12:45 p.m.- All are welcome for our annual **Memorial Day celebration and to hear the results of Hebron's Top Dog competition!** Following lunch, we will enjoy the sounds of **John Banker!** John is a talented singer, pianist, and comedian, and you will not want to miss his show! **This Spring Feast will include:** Mesquite Grilled Chicken (don't worry, it's not spicy!), Potato Salad, Cole Slaw, Seasoned Corn Niblets, and Ice Cream Sundaes! The cost is \$5 per person. Be sure to sign up and pay by Thursday, May 20th.

June 2, Wed. Van leaves the Senior Center at 10:30 a.m.; Returns ~2:00/2:30 p.m.- Join us on a trip to the **Windham Textile & History Museum** for a tour of the museum, including their latest exhibit "Dollhouses: A Miniature World," and an elegant tea. Dollhouses: A Miniature World includes many bread box, holiday, 4 story and other dollhouses from all over the world. Additionally, we will see the other exhibits in this beautiful museum. Following the tour, we will enjoy a lovely luncheon of tea sandwiches, scones, and more. The cost for the tour and tea is \$15 per person. Please sign up and pay by Wednesday, May 19th.