



Hebron Senior Center Newsletter

January

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

Phone: (860) 228-1700; Fax: (860) 228-4213

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|---|-------|--|----------------------------------|
| Sharon Garrard | x 203 | Senior Services Director/Municipal Agent for the Elderly | sgarrard@hebronct.com |
| Mandy Rocznik | x 202 | Program Coordinator | arocznik@hebronct.com |
| Tanya Coles-Dailey | x 204 | Social Worker | tcolesdailey@hebronct.com |
| Tammy Scherp | x 201 | Transportation Coordinator | dar@hebronct.com |
| GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM | | | seniorcenter@hebronct.com |

The Senior Center building remains closed, but we are still available to assist you as best we can. If you have any questions or needs please call the Senior Center or email one of us (see the information above for numbers and email addresses). Until we can reconvene in person PLEASE continue to STAY HOME & STAY SAFE. We must work together to get through this and we will!!!!

Energy Assistance Winter Heating Program

The Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. Benefits are available to households with incomes up to sixty percent of the state median income

****A liquid assets test is an additional basic eligibility requirement. ****

Liquid assets include: checking, savings, CD's, stocks/shares, bonds, annuities, certificates of deposit and individual retirement accounts. **Individual Retirement Accounts are considered to be liquid assets if the accounts are in the name of a household member who is 59-and-one-half years old or more.** The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home.

For homeowners, the first \$15,000 in liquid assets, and for other households, the first \$12,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income must be below the income guidelines.

Due to the current COVID-19 crisis all applications for energy assistance will be completed over the phone. We will not have any in-person appointments. When you call the Senior Center, we will assess what documents you will need to provide us with and will set up a day and time for a telephone appointment approximately 14 days later. You will be mailed a list confirming what the necessary documents are and when your telephone appointment is. The documentation must be received prior to your phone appointment. They can either be mailed, faxed, emailed, or dropped off in a designated drop-off box at Senior Center. **INCOME DETERMINATION CHART ON PAGE 3. Questions Call the Senior Center at 860-228-1700.**

AARP Tax Preparation

The status of the AARP Tax Preparation that we have hosted here at the Senior Center is still pending. AARP is still evaluating the potential options for assisting seniors with tax prep. As soon as we have more information we will update the newsletter, post it in the Rivereast, update the Senior Center Town Web Page, post on Facebook, or you can call us at the end of the month of January. At the least, there will most likely be on-line assistance available, but since there is a chance no in person preparation will take place and if you're not comfortable consulting with someone on-line, It would be prudent to explore other in person options outside of the senior center, but understand those options most likely would not be free.

HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

Members: Cecile Piette, Beth Schmeizl, William Witt, Deb Hart, Jan Falade, Sandy Waldo

Alternate: Scot Kauffman, Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, January 13th—Virtual Zoom Meeting

The Commission on Aging continuously studies the conditions and needs of the elderly persons in the community and makes recommendations. The commission meetings are open to the public.

If you have ANY questions about any programs or services please call the center

Town of Hebron Web Site for updates— www.hebronct.com

State of CT updates on the coronavirus—<https://portal.ct.gov/coronavirus>

Mindful Meditation Videos

I've done a mindful meditation class at the Senior Center for several years, but being closed due to the pandemic we haven't been able to be together, so I am now going to be making these videos for you to enjoy. If you've never done it before, that's ok, start today. I hope you enjoy. These are on the Town of Hebron Website under the Senior Center Page— hebronct.com/town-departments/senior-center/ or www.HebronCT.com and under Town Departments go to Senior Center. You will find video links on this page, just click and meditate. Namaste

Grab and Go Meals from CRT Available for Pick-up at the Senior Center



The Russell Mercier Senior Center will be offering frozen congregate meals from CRT for pick-up. On Mondays you will receive 4 frozen meals, 2 milks, sides, and snacks for a suggested donation of \$12 (\$3 per meal). There is no menu. You MUST call and sign-up for each week's meals by 3:00pm the on the Thursday prior. example for Monday, December 7th we need your RSVP by Thursday, December 3rd at 3:00pm. This program is for any senior 60+ years or older (you do not have to be a resident of Hebron or Amston, it is open to any senior). These meals are to be heated and consumed at home. Meals will be curbside pick-up. Pick-up times are 11:30-12:30, but with prior approval we can arrange an alternate time. As well, any senior who is unable to drive, we can make arrangements to deliver meals. Each person will need to complete a Form 5, but we can assist you in completing this form. To sign-up you can

call 860-228-1700, EXT. 202 OR email aroczniak@hebronct.com... When you (or whomever is picking up the meals) MUST wear a mask and adhere to COVID guidelines.

Food Bank and Mobile Food Truck Schedule—Food Bank Phone Number 860-228-1681

Hebron Interfaith Human Services, the home of the Hebron Food Pantry serves as a resource to families during times of crisis. COVID-19 Response:

As businesses decrease hours and shutter their doors due to COVID-19 many people have been thrown into financial uncertainty and distress. Have you lost income due to the COVID-19 crisis?

Are you having to make tough decisions between paying bills and buying groceries?

WE CAN HELP! We know asking for help is difficult but PLEASE ASK! We understand and respect the trust you place in us when you make the call, come to our door and let us in to your lives. We hope to hear from you so together we can help you get back on your feet. We offer Weekend Food Bags for Kids, Pantry shopping, and Food Bag Delivery for Homebound Seniors and those Immunocompromised. During this difficult time for many we are adjusting our hours to better serve the community.

Until otherwise indicated our new hours are: Tuesday, Thursday, and Friday from 9:00 am to 7:00 pm.

Foodshare mobile produce van is every other Tuesday from 11:15-11:45 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone is welcome, no forms to fill out. Please bring your own bags.

Upcoming Mobile produce van dates for 2021: January 19 February 2, 16

To talk to us about any of our services please call 860-228-1681. HIHS is located at: 20 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka

Energy Assistance Winter Heating Program

Beginning October 15, the Senior Center is taking applications for the CT Energy Assistance Program (CEAP).

The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance.

Benefits are available to households with incomes up to sixty percent of the state median income

****A liquid assets test is an additional basic eligibility requirement. ****

Liquid assets include: checking, savings, CD's, stocks/shares, bonds, annuities, certificates of deposit and individual retirement accounts. **Individual Retirement Accounts are considered to be liquid assets if the accounts are in the name of a household member who is 59-and-one-half years old or more.** The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home.

Household Size – includes homeowners and renters paying separately for heat, and renters whose heat is included in rent, so long as more than 30% of gross income is paid towards rent.

1	2	3	4	5	6	7	8
Under	Under	Under	Under	Under	Under	Under	Under
\$37,645	\$49,228	\$60,811	\$72,394	\$83,977	\$95,560	\$97,732	\$99,904

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AHM CHOREs Program

AHM Youth and Family Services CHOREs program is back after being temporarily closed due to COVID-19. For any senior already registered for the CHOREs Program can simply call the AHM office at 860-228-9488, leave a message and you will receive a return call.

The CHOREs Program is for seniors whose health and finances prevent them from completing yard work around their homes. There is no cost to seniors, but they must fill out an eligibility form to assure that grant guidelines that fund this program are followed. CHOREs is generously supported by the North Central Area Agency on Aging, AHM Youth and Family Services and local and civic and faith community contributions, as well as donations made by seniors using the program.

During this time work is limited to only outdoor yard work projects and social distancing compliance will be strictly adhered too. If you are interested in getting some help for your outdoor projects please call AHM at 860-228- 9488.



STAY CONNECTED

Helping Older Adults and Persons with Disabilities connect with medical providers, community, family and friends during COVID-19

Objective:

To connect adults aged 18 years of age with a disability or older adults sixty years of age with the most appropriate Assistive Technology (AT) to foster improved communication with medical professionals, family/friends and the community during COVID-19.

Screening:

All five Area Agencies on Aging and Centers for Independent Living will use a validated 6question screening tool during calls to their agency to select individuals who would gain the most from technology help. Those eligible, will be referred to one of three CT Tech Act partners for a technology consultation and training.

Connection and Training to Technology:

The CT Tech Act partner will conduct a remote consultation with the identified individual to find the best selection of AT device based on the person's needs and preference. Guidance on the price/purchase location for the AT device/internet will be provided to the individual. When needed, an internet ready device will be mailed to the home for this consultation and training and applications for the device may be uploaded onto recommended AT devices once the device has been bought. The individual will get training and support after the device is in the home. A connection to community supports will be made for future training support. Individuals who need only training and support for existing devices will be eligible for the grant.

Referrals:

Refer appropriate individuals who would benefit to the "Get Connected" program to their Area Agency on Aging (1-800-994-9422) or Center for Independent Living Program.

For More Information contact: Patricia.Richardson@ct.gov or Arlene.Lugo@ct.gov

The CT National Family Caregiver Support Program and the CT Statewide Respite Care Program

Both programs provide a broad-base of individualized services to assist caregivers to maintain keeping their family members at home. In addition the CT National Family Caregiver Support Program provides for "Supplemental Services". Supplemental Services are items and/or services for which there are no other reimbursement opportunities such as but not limited to dentures, hearing aids, lift chairs, incontinence supplies, personal emergency response systems, etc. If interested in either program, please contact Tanya Coles-Dailey at 860-228-1700 x 204 or tcolesdailey@hebronct.com.

CT Tech Act

The CT Tech Act is funding agencies certified in Aging in Place to assess, educate and connect older adults and persons with disabilities with technology and/or internet or WIFI services. Individuals can call the North Central Area Agency on Aging at (860)724-6443 x 268

SilverSneakers LIVE

From the comfort of your home, enjoy virtual classes and workshops directly through the SilverSneakers website. And since it's included in the SilverSneakers benefit, SilverSneakers LIVE is available at no additional cost to members and offers virtual classes and workshops via Zoom. Go the following web site to see if you are eligible... silversneakers.com and click om the "check your availability" link

Please see update below from Maureen McIntyre, Chief Executive Officer, North Central Area Agency on Aging (NCAAA)

- Our agency is launching a new service designed to address food insecurity for folks who are able to prepare meals, unable to shop for groceries due to the pandemic, and who may be unable to pay for groceries as costs have significantly increased. We are providing a Grocery Shopping and Delivery service whereby we will cover the delivery charges, any shopping fees, and the cost of groceries at +/- \$100.00 per shopping trip. Many towns are running grocery shopping programs through their Senior Centers, but not as many are able to fund the groceries outright. We are partnering with Geissler's Supermarkets and with a local non-profit called UR Community Cares to do much of the delivery. (We will be adding to our grocery network shortly). Would the CERTs be interested in participating as well? In the meantime, we would love your assistance in spreading the word that this program is now available. We have not distributed any flyers or promotional materials as of yet, rather, we're reaching out strategically to our community stakeholders as we ramp up. Referrals can be directed here: (860)724-6443 x 268 "CHOICES".
- It looks as though many of our older adults may need to shelter-in-place and we're very concerned about their comfort and safety as they do so. We have funding at our disposal for items such as fans, air conditioners, lift-chairs, incontinence supplies, and emergency response systems for individuals who may be home-confined with our without the assistance of a caregiver or family member's support. Please contact us at (860)724-6443 x 230 "Caregiver Team"

AARP Virtual Programs

- **Virtual Lecture - Goths, Gargoyles and God: The Building of Magnificent Medieval Cathedrals**

Tuesday, Jan 12, 2021 From 12pm to 1:15pm Eastern Time

Dr. Richard Benfield, CCSU (retired) will take us on an adventure through time exploring the grandeur of medieval cathedrals. At the turn of the 1000 AD millennium in Europe churches were small, dark and dingy. Less than two hundred years later churches were large, spectacular architectural wonders. Today, these glorious medieval cathedrals and churches soar above the European cities for which they are the center of the community and the focus of tourism, architectural renown, and Christian worship. What happened to make this frenzy of church building so marked and spectacular? Learn with us and get the chance to have all your questions answered in a moderated Q&A after the lecture!

REGISTER— <https://states.aarp.org/connecticut/events-ct>

- **Coping in the Age of COVID: Don't Navigate Alone**

Thursday, January 14, 2021 12:30 PM - 1:30 PM

Join us for a conversation led by Erin Leavitt-Smith, Asst. Director Statewide Services from the Department of Mental Health & Addiction Services (DMHAS) in CT as she walks you through the support systems in place for families and individuals when it comes to coping with the stress brought on by living in the age of COVID. Learn about the CT resources and people around the state who offer support where you live.

Registration: <https://aarp.cvent.com/DMHASJan14>

- **AARP CT Webinar Wednesday: Wadsworth Atheneum Virtual Tour Series**

Join us for a very special 2021 virtual tour series with the Wadsworth Atheneum Museum of Art. Each tour will feature a different docent lead theme. You may join us for any or all of the free virtual tours, but please be sure to sign up for each individually to receive log-in information. You can register for the entire series line-up by going to the links provided below or go to the AARP CT Events Page located at www.aarp.org/ctevents

1/20/2021 @ 1PM: Women Artists Registration: <https://aarp.cvent.com/WadJan20>

2/10/2021 @ 1PM: Black History Month Celebration Registration: <https://aarp.cvent.com/WadFeb10>

3/3/2021 @ 1PM: Hudson River School Artists Registrations: <https://aarp.cvent.com/WadMarch3>

3/24/2021 @ 1PM: European Artists Registration: <https://aarp.cvent.com/WadMarch24>

AARP VIRTUAL PROGRAMS

Fraud Fighting Fourth Fridays: Investment Scams

Join us for Fraud Fighting Fourth Fridays - Powered by AARP CT & the Coalition for Elder Justice in CT as we shine a light on the scams taking place in your community. This month we focus our conversation on Investment Scams to learn the red flags and prevention methods to managing your financial future from the CT Department of Banking financial examiner Kelly Lent. She will walk through cases and scenarios that have led people down a road of false promises to empty bank accounts. Join us for this important virtual conversation. **1/22/2021 @ 10AM Registration: <https://aarp.cvent.com/FFFFJan22Invest>**

Virtual U w/ AARP CT:Dr. Henry C. Lee Crimes & Investigations 6 -Part Training Series -

powered by AARP CT in collaboration with the University of New Haven, Henry C. Lee College of Criminal Justice & Forensic Sciences, International Association of Financial Crimes Investigators (IAFCI), the CT Chapter of the IAFCI and the Coalition for Elder Justice in CT.

CEC, CPE & Specialized Training Credit Hours Issued by collaborating organizations (University of New Haven, IAFCI, NASW-CT), all attendees will receive an AARP CT issued certificate of completion for each training attended. A full list available at www.aarp.org/ctevents Registration required for each.

* Dr. Henry C. Lee The Science of Solving Cases: Tuesday, 1/26/2021 @2PM ET Registration: <https://aarp.cvent.com/DrLeeJan26>

* Dr. Claire Glynn Forensic Genetic Genealogy: Cracking the Code Wednesday, 1/27/2021 @12:30PM ET Registration: <https://aarp.cvent.com/GlynnJan27>

* Lisa Dadio, MS, MSW Cold Case Investigations Thursday, 1/28/2021 @12:30PM ET Registration: <https://aarp.cvent.com/DadioJan28>

* Dr. Amanda Gore Wildlife & Environmental Crimes Investigation Tuesday, 2/9/2021 @12:30PM ET Registration: <https://aarp.cvent.com/GoreFeb9>

* Anthony Whittedge The Evolution of Cybercrime Investigation Thursday, 2/11/2021 @12:30PM ET Registration: <https://aarp.cvent.com/CyberFeb11>

* Dr. Declan Hill Gambling with America's Future Wednesday, 2/24/2021 @12:30PM ET Registration: <https://aarp.cvent.com/DeclanFeb24>

AARP CT Webinar Wednesday: Getting to Know Your Area Agency on Aging

Join us as we offer a conversation with one of the 5 Area Agencies on Aging in CT that offer families a way to navigate programs, services and decisions needed to move through the stages of life as we age. Learn about their service options, respite care programs as well as how they can be a resource in making decisions as a family caregiver. **1/27/21 @ 7PM Registration: <https://aarp.cvent.com/Jan27AAA>**

Caregiver Roadshow for CT Families:

This event is hosted by Benchmark Senior Living and offers a journey through the experiences of family caregivers, the backbone of our health care system. Learn about support for caregivers and care recipients, as well as choices to live safely and independently. Learn to navigate and connect to resources to gain an understanding of care options and costs. **1/28/2021 @ 6PM Registration: <https://aarp.cvent.com/BenchCTJan28>**

AARP CT Fraud Watch Network Con Artist Playbook:

Join the conversation hosted by West Hartford Senior Center as we take a look inside the mind of a criminal during this interactive and informative conversation geared towards offering you ways to stop the criminals in their tracks! Learn tips and tools along with resources that you can share with friends, family and your community. **2/16/2021 @6PM Registration: <https://aarp.cvent.com/FraudFeb16WestHartford>**

Visit www.aarp.org/ctevents for a variety of offerings, news & to sign up for event email announcements.

Monthly Recipes

Instant Pot Sweet & Spicy Brisket



INGREDIENTS

- 2 tbsp. vegetable oil
- 3 lb. beef brisket, cut into 4 pieces
- 1 large onion, finely diced
- 5 cloves garlic, thinly sliced
- 1 tbsp. minced ginger
- 1 c. low-sodium chicken broth
- 1/4 c. gochujang
- 1/4 c. honey
- 5 small dried red chilis, sliced
- 2 tbsp. ketchup
- 1 tbsp. rice vinegar
- 1 tbsp. low-sodium soy sauce

DIRECTIONS

- Set Instant Pot to Sauté and heat oil. Cook beef until golden, working in batches, about 3 minutes per side. Remove to a plate.
- Add onion, garlic, and ginger, and cook, stirring occasionally, until softened, about 5 minutes.
- Turn off pot, then pour in broth and scrape the bottom to deglaze. Stir in gochujang, honey, chilis, ketchup, vinegar, and soy sauce. Return brisket to pot.
- Lock lid and set to Pressure Cook on high for 1 hour and 30 minutes. Follow manufacturer's guide for quick release, making sure to wait until cycle is complete before unlocking and removing lid.
- Remove brisket to a cutting board and let rest about 10 minutes before slicing to seal in juices.
- Meanwhile, strain broth sauce through a fine-mesh sieve and skim off the fat. Serve brisket with sauce drizzled over the top.

Balsamic Glazed Roasted Cauliflower

INGREDIENTS

- 1 large head cauliflower
- 2 c. cherry tomatoes
- 1 medium red onion, cut into wedges
- 1/2 lb. green beans, trimmed
- kosher salt
- 3 tbsp. extra-virgin olive oil
- 1 c. balsamic vinegar
- 1/4 c. brown sugar
- 2 tbsp. fresh chopped parsley, for garnish



DIRECTIONS

- Preheat oven to 400°. Cut the leaves and stem off the cauliflower so it sits flat. Place in a large baking dish and surround with tomatoes, onion wedges, and green beans. Season veggies with salt and coat with oil.
- In a small saucepan over medium heat, whisk together balsamic and brown sugar. Bring to a boil, then immediately reduce to a simmer. Let simmer until reduced by half, about 15 minutes. Brush glaze all over cauliflower, reserving some for basting.
- Roast until golden and tender, about 1 1/2 hours, periodically basting with glaze.
- Garnish with parsley before serving.

USA State Capitals

Find and circle all of the state capitals. The remaining letters spell a quote by Theodore Roosevelt.

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

ALBANY (New York)

ANNAPOLIS (Maryland)

ATLANTA (Georgia)

AUGUSTA (Maine)

AUSTIN (Texas)

BATON ROUGE (Louisiana)

BISMARCK (North Dakota)

BOISE (Idaho)

BOSTON (Massachusetts)

CARSON CITY (Nevada)

CHARLESTON (West Virginia)

CHEYENNE (Wyoming)

COLUMBIA (South Carolina)

COLUMBUS (Ohio)

CONCORD (New Hampshire)

DENVER (Colorado)

DES MOINES (Iowa)

DOVER (Delaware)

FRANKFORT (Kentucky)

HARRISBURG (Pennsylvania)

HARTFORD (Connecticut)

HELENA (Montana)

HONOLULU (Hawaii)

INDIANAPOLIS (Indiana)

JACKSON (Mississippi)

JEFFERSON CITY (Missouri)

JUNEAU (Alaska)

LANSING (Michigan)

LINCOLN (Nebraska)

LITTLE ROCK (Arkansas)

MADISON (Wisconsin)

MONTGOMERY (Alabama)

MONTPELIER (Vermont)

NASHVILLE (Tennessee)

OKLAHOMA CITY (Oklahoma)

OLYMPIA (Washington)

PHOENIX (Arizona)

PIERRE (South Dakota)

PROVIDENCE (Rhode Island)

RALEIGH (North Carolina)

RICHMOND (Virginia)

SACRAMENTO (California)

SALEM (Oregon)

SALT LAKE CITY (Utah)

SANTA FE (New Mexico)

SPRINGFIELD (Illinois)

ST. PAUL (Minnesota)

TALLAHASSEE (Florida)

TOPEKA (Kansas)

TRENTON (New Jersey)

On-Line Programs and Resources;

- Hill-Stead Museum—From the Porch Summer Series— <https://www.hillstead.org/events-and-programs/from-the-porch>
- Harvard Museum of Science & Culture—<https://hmsc.harvard.edu/hmsc-connects>
- Free on-line puzzles that are printable— <http://thewordsearch.com>
- Free on-line coloring pages—<http://coloring-pages.info/adultcoloringpages>
- Mystic Seaport Two historical exhibits on-line— <https://www.mysticseaport.org/explore/exhibits/>
- Washington Art Association is pleased to present “Monoprint 2020 – Printers and Presses” - <http://www.washingtonartassociation.org/exhibitions/exhibition-1.php>
- Mark Twain House Virtual tour— <https://marktwainhouse.org/>
- Yale University Art Gallery Robert Adams The Places We Live— <https://artgallery.yale.edu/online-feature/robert-adams-place-we-live>
- Lyme Arts Association— <https://lymeartassociation.org/exhibitions/>
- New England Carousel Museum video tour— <https://www.thecarouselmuseum.org/online-content>
- CT. Historical Society—Various on-line exhibits and presentations— <https://chs.org/bringchshome/>
- Hartford Symphony Orchestra—Various recordings, videos, & educational material— makemusicday.org/hartford
- RJ Julia Bookstore—On-line book discussions—see calendar for all upcoming events— www.rjulia.com/events
- CT Forum—clips from many forum events on You Tube— <https://www.youtube.com/user/ctforum>
- Visit CT has numerous links to SO MANY places— Easy link— www.ctvisit.com (click on virtual experiences) or type this in in the browser to go directly— www.ctvisit.com/articles/virtual-activities-for-at-home-experiences
- Socially Distant Friendly Hikes— www.ctvisit.com/articles/Social-Distance-Friendly-Hikes
- Outdoor activities for solitary enjoyment - www.ctvisit.com/articles/outdoor-solitary-escapes-in-ct
- Mystic Aquarium Penguin Live stream Cam— www.mysticaquarium.org/penguin-live-stream/
- 19 Most Beautiful places to visit in CT— www.thecrazytourist.com/most-beautiful-places-to-visit-in-connecticut/
- Simsbury Art Trail—which is open to the public as of June 5th— www.simsburyarttrail.com/



HEBRON SHOPS LOCAL REWARDS PROGRAM

visit participating businesses and ask about the program

Angie's Pizza, Blackledge Country Club, Colonial Country Store, Gina Marie's Hebron Ace Hardware, Hebron Eye Care, Hebron Family Chiropractic Hebron Quick Lube, O'Connell Wealth Management, Performance Physical Therapy Persnipy, Something Simple Café, TAO Center for Vitality, Longevity & Optimal Health LLC, Tarca's Hebron Automotive Repair, Tri-County Fitness. More businesses to be added to so please check <https://hebronct.com/hebron-is-open-for-business/> - that is on the Town of Hebron website.

