

2021

Hebron

Senior Center Newsletter

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Happy Birthday



America!

Sharon Garrard x 203 Senior Services Director/Municipal Agent for the Elderly
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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

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In-Person Exercise Classes Return

ALL EXERCISE PROGRAMS REQUIRE PRE-REGISTRATION

Enhance Fitness Mondays and Wednesdays 9:00am – 10:00am (Fridays added in fall) Taught by Audrey Carroll

Monday July 19—Wednesday September 1—7 weeks (14 classes) \$42—no partial payments

Enhance Fitness is an evidence-based group physical activity program that focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance

The program consists of –

- Warm-up to get the blood flowing to the muscles (5 minutes)
- Cardiovascular/Aerobic workout (20 minutes)
- Cool-down (5 minutes)
- Resistance strength training with soft ankle and wrist weights between 0 and 20 lbs (20 minutes)
- Flexibility/Stretching/Cool-down (10 minutes)
- Balance training included in warm-up and cool-down

All Levels Yoga Class on Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien

Monday July 19—Wednesday September 1—7 weeks (14 classes) \$42—no partial payments

In this well-rounded yoga class we will practice developing strength, balance throughout the entire body. Overcoming stiffness, stretching, opening and strengthening the shoulders and hips and a rejuvenation of physical and mental outlook are some of the benefits of the class. Modifications will be demonstrated and chairs may be used to meet all abilities. You might even leave the class with a smile in your heart! Please bring a yoga mat if you will not be using a chair.

Sign-up for Silver Sneakers through the Senior Center and the instructor will then follow-up regarding the insurance. If your insurance does not cover the cost it will be \$3/class

SilverSneakers FLEX class -Tuesday and Thursday 9:00am-10:00am taught by Amy Cashman

Cardio and Strength - Have fun and move to great music in this 60 minute Cardio and Strength SilverSneakers FLEX class. This class is comprised of a 5-7 minute warmup, 25 minutes of cardiopulmonary low impact aerobics, 20-22 minutes of strengthening using hand-held weights, long bands with handles, short bands, and balls, ending with a cool down with stretching. A chair may be used at times during the strengthening portion for support. Equipment is supplied by the instructor but if you have your own weights, please feel free to bring them along, and don't forget the water bottle!

SilverSneakers EnerChi— Tuesday and Thursday 10:15am-11:15am taught by Amy Cashman

This new SilverSneakers class takes a page out of a very old book, borrowing from the ancient martial art of Tai Chi. Don't worry, no punches are thrown in this class. Instead, the instructor guides students through low-impact, slow, and deliberate movements to gain strength and balance. You may even walk out of the class feeling more mental clarity.

Programs and Activities

Walmart Shopping Trip

There will be a trip to Walmart and Aldi's in North Windham on **Friday, July 16th and July 30th at 10:00am**. Seating is limited and everyone is required to wear masks. Additional shopping trips to Walmart and other local locations forthcoming, please stay tuned. To sign-up for this trip, please call 860-228-1700.

Sunshine Singers Return

Starting Monday, July 12th the Sunshine Singers will begin meeting from 10:00am to 11:00am. The Sunshine Singers welcome any and all who enjoy singing and would love to share their talents with others. They will be singing songs such as 500 Miles by Four Brothers and What the World Needs Now, and many more, using musical accompaniment, adding to their rhythm and energy. Join the Sunshine Singers who are a group who love to sing. Masks are required when entering the building and must remain on if not vaccinated. This is a free program, but pre-registration required, to register to come sing please call 860-228-1700.

Walking Group

Together with the Colchester Senior Center there is a weekly walking group that meets every Wednesday at 10:00am at the Airline Trail on Rte 85 (near Juliano Pools & old Rte 85 Lumber). Please wear proper footwear. Pre-registration is required and masks are recommended. To register please call the Senior Center at 860-228-1700. This program is free.

Mindful Meditation

Wednesday, July 14th from 10:30-11:15. Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Rocznik who has been practicing mindful meditation for 14 years. We will meet outside and practice social distancing. If inclement weather we can move indoors with spacing. Masks will be required upon entering indoors and if indoors we will socially distance so masks can be removed.

Exercise Equipment Room

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 30 minute appointments from 10:00am – 1:00pm Monday – Thursday with 15 minutes between appointments for cleaning. Starting July 12th we will increase the time Mondays—Thursdays 9:30—2:30 (last time slot at 2:00) and Fridays 10:00-12:30 (last time slot at noon). Only two per people per time slot and if coming together from different households it is highly recommended that you are both vaccinated. We have two new pieces of cardio equipment a new elliptical machine and a Teeter (a recumbent cross-trainer). Masks will be required and you will need to check-in. To reserve a time please call 860-228-1700.

Knitting/Crocheting/Needle Group

For those who would like to gather to knit, crochet, or do any kind of needle work together to connect, share ideas, share techniques, patterns, maybe even teach other a new skill. This group will meet on **Tuesdays from 10:00am—11:30am**. The exact location within the Senior Center tbd. Masks will still be required indoors until proper. If weather permits, this activity will be held outdoors and masks would be optional for vaccinated individuals. We do require pre-registration even though this is an informal gathering. To register, please call 860-228-1700 to sign-up.

Lunch and a Show—The Aqua Turf Club

Welcome back to a special 2021 edition of our Senior Luncheon, **Tuesday, August 17, 2021 Leave at 10:00AM - Arrival 11:00AM - Lunch at Noon—Depart 3:00PM**. Featuring dance music by Richie Mitnick and Friends, join us to dance the day away and get one step closer to normalcy! Richie has been entertaining throughout New England and New York for many years, offering the “easy listening” sound that transcends generations. \$52.00 pp MENU TBD | DONUTS + COFFEE | COMPLIMENTARY GLASS OF WINE OR BEER COVID GUIDELINES WILL BE FOLLOWED IN ACCORDANCE WITH STATE RECOMMENDATIONS. We are limiting this trip to 8 people, taking our larger bus for spacing, and masks required at all times. It is recommended all attendees be vaccinated. We must have a minimum of 6 people signed up by Tuesday, August 3rd in order for us to run this trip. To sign-up please call 860-228-1700. A 50% deposit required within 1 week after signing up and full payment due by August 3rd.

Cards—Bridge and Set to return in early to mid-August—date announced soon

Bingo—we are working to secure a new bingo caller and we anticipate Bingo to return early August

Congregate Lunches The start of lunches is determined by CRT and we do not yet have any possible dates in the meantime you can sign-up for the Grab n Go Meals—more info on those on page 5

Re-opening Senior Center Rules & Regulations

- **Masks are MANDATORY in common areas** for everyone and if you're not vaccinated, masks must remain on at all time—it will be on the honor system.
- **Registration** - All programs will require pre-registration so we can insure we have enough space, people to run a program and to keep track of participants upon arriving for check-in. At this time, we won't have any "drop-in programs.
- **Classes:** Classes will resume gradually and will have space limitations based on the size of our rooms and social distance requirements. Participants will have to register for classes in advance.
- **Exercise Classes**—Everyone participating in the exercise classes will need to complete a new Form 5 in order to update our records for our grant funding and make sure we have the proper contact and emergency contact information on everyone.
- **Check-In:** Upon arrival at the Senior, all visitors will be required to "check-in" with the "MY SENIOR CENTER PORTAL" If necessary a staff member can assist you. Everyone will need a scan card. This is necessary for our records of participation, for contact tracing, and to keep track of the number of people in the building.
- **Social Distancing:** Everyone is required to maintain a 6-foot social distance while at the Senior Center.
- **Hand Sanitizer/Hand Washing:** Hand Sanitizer will be available at multiple locations in our building but most importantly, at the entrance of our building. We ask that you use the Sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds.
- **Entrance/Exit:** Please use the regular entrance double-glass doors but upon exiting we ask that you use the side door off of the Card room near the exercise room and follow the arrows as marked.
- **If a person shows** up with COVID-19 or any signs or symptoms of ANY illness, they will be asked to go home.
- **Sanitizing:** We ask that all Participants that attend an activity to please sanitize the table, chairs, and/or equipment before use and after. Spray sanitizer, soap, water, and paper towels will be available.
- **Meals/Eating/Drinking:** In-house dining is not operating at this time. But please continue to enjoy Hebron's Grab & Go Meal Program with pick-ups on Mondays (4 days of meals—see information on page 5).
- **Bathroom Use:** Please limit to one-person at a time when using the facilities.



Hebron Senior Center Happenings.....

July 2021

ALL PROGRAMS require pre-registration—please call 860-228-1700 to sign-up

Transportation call 860-228-1700 ext. 201

Mon	Tue	Wed	Thu	Fri
June 28 10:00am—1:00pm Exercise Rm 11:30-12:30—Grab n Go Meal Pick-up	June 29 10:00am—1:00pm Exercise Rm 10:00—11:30—Knitting/Crocheting/Needlework	June 30 10:00am—1:00pm Exercise Rm	1 10:00am—1:00pm Exercise Rm	2 10:00-1:00—Walmart Trip
5 JULY 4TH OBSERVED CLOSED	6 10:00am—1:00pm Exercise Rm 10:00—11:30—Knitting/Crocheting/Needlework	7 8:30am—Comm. On Aging Meeting—Virtual (on-line) 10:00am—1:00pm Exercise Rm	8 10:00am—1:00pm Exercise Rm	9
12 9:30am—2:30pm Exercise Rm 10:00—11:00—Sunshine Singers 11:30-12:30—Grab n Go Meal Pick-up	13 9:30am—2:30pm Exercise Rm 10:00—11:30—Knitting/Crocheting/Needlework	14 9:30am—2:30pm Exercise Rm 10:30-11:15—Mindful Meditation	15 9:30am—2:30pm Exercise Rm	16 10:00-1:00—Walmart Trip 10:00am—12:30pm Exercise Rm
19 9:00-10:00—Enhance Fitness 10:00—11:00—Sunshine Singers 10:15—11:15—Yoga 9:30am—2:30pm Exercise Rm	20 9:00-10:00 –Silver Snkrs Flex 10:15-11:15 Silver Snkrs EnerChi (Tai Chi) 9:30am—2:30pm Exercise Rm	21 9:00-10:00—Enhance Fitness 10:15—11:15—Yoga 9:30am—2:30pm Exercise Rm	22 9:00-10:00 –Silver Snkrs Flex 10:15-11:15 Silver Snkrs EnerChi (Tai Chi) 9:30am—2:30pm Exercise Rm	23 10:00am—12:30pm Exercise Rm
26 9:00-10:00—Enhance Fitness 10:00—11:00—Sunshine Singers 10:15—11:15—Yoga 9:30am—2:30pm Exercise Rm 11:30-12:30—Grab n Go	27 9:00-10:00 –Silver Snkrs Flex 10:15-11:15 Silver Snkrs EnerChi (Tai Chi) 9:30am—2:30pm Exercise Rm 10:00—11:30—Knitting/Crocheting/Needlework	28 9:00-10:00—Enhance Fitness 10:15—11:15—Yoga 9:30am—2:30pm Exercise Rm	29 9:00-10:00 –Silver Snkrs Flex 10:15-11:15 Silver Snkrs EnerChi (Tai Chi) 9:30am—2:30pm Exercise Rm	30 10:00-1:00—Walmart Trip 10:00am—12:30pm Exercise Rm

HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

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

Alternates: Tonya Maurer & Cathy Litwin, Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, July 7th—Virtual on-line 8:30am at Senior Center

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

Dedicated to serving the needs of those in the Hebron community and surrounding towns through our food pantry, weekend backpack program for school-aged children, weekend food bag for homebound seniors and the immuno-compromised and various energy assistance programs.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 9 am to 5 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: July 6,20

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

AHM CHOREs Program



AHM Youth and Family Services CHOREs program is back. 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 distanc-

Renters Rebate Program

To All Renters in the Town of Hebron -The Russell Mercier Senior Center will be making appointments to take applications for the annual Renters Rebate Program between APPLICATION PERIOD APRIL 1, 2021 - OCTOBER 1, 2021 Please call the Senior Center at 860-228-1700 and ask for Tanya on ext 204, or tolesdailey@hebronct.com and she will assist you with the application..

Eligibility

Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one year state residency requirement. Grants are based upon income requirements

- You were a renter in Hebron or anywhere else in Connecticut for some or all of 2020
- The maximum 2020 income for an unmarried person is \$37,600 and for a married couple \$45,800.

Income documentation required for this program:

- Proof of all gross income for 2020 which includes federal gross income or its equivalent, such as, but not limited to, wages, lottery winnings, taxable pensions, IRS's, interest, dividends and net rental income (excluding depreciation); copies of all 1099's for 2020 must be provided and, if a Federal Income Tax Return was filed for 2020, a copy must be provided
- Regarding stimulus payments received during 2020: any individual stimulus payments received will NOT be counted as income for the renters rebate program, however, any extra unemployment benefits received WILL be counted as income.
- Proof of Non-Taxable Interest for 2020, for example, interest from Tax Exempt Government Bonds
- Proof of Social Security Income documented by your form SSA 1099 for 2020 or a form TPQY from Social Security or a Benefit Verification Letter from Social Security documenting 2019 income
- Proof of any income for 2020 not reflected in the above such Federal Supplemental Security Income, Veteran's Pensions, Veteran's, Disability Payments, etc.

Expense documentation required for this program:

- Proof of all rent paid in 2020 excluding the cost of cable TV
- Proof of all electric bills paid during 2020
- Proof of all natural gas, water, and heating fuel expenses for 2020



COVID-19 Funeral Assistance Line Number

Applications begin on April 12, 2021

844-684-6333 | TTY: 800-462-7585

Hours of Operation:

Monday - Friday

9 a.m. to 9 p.m. Eastern Time

Funeral Assistance Program –overview:

FEMA is now accepting applications for Funeral Assistance through a dedicated call center. Call center numbers: 844-684-6333 /TTY: 800-462-7585

- Call center hours of operation are Monday-Friday 9AM to 9PM (Eastern time).
- Applicants must call to register for funeral assistance.
- No on-line registrations will be accepted for this program.
- Once the applicant calls and their registration is accepted, they will be provided access to a portal to share documents with FEMA. Documents can also be mailed
- Funeral Assistance will be federally managed and administered (payments made directly from FEMA to eligible individuals).
- No cost share to States (100% federal).
- The current state disaster declarations will be amended to include this program.
- For additional information please visit the FEMA Funeral Assistance webpage: COVID-19 Funeral Assistance | FEMA.gov.
- FEMA YouTube Video on applying for Funeral Assistance: https://youtu.be/DgvN_9m58Z0



Eligibility:

- Funeral expenses that occurred after January 20, 2020.
- Expenses not covered by another source (burial insurance, voluntary agency assistance, etc.).
- Death must have occurred in U.S.
- Death must be attributed to COVID-19. Death certificate must indicate that “may have been caused by” or “was likely a result of “ COVID-19.
- Applicant must be US Citizen, non-citizen national or qualified alien to register.
- If more than one person contributed to funeral expenses they should register as co-applicants (one registration per funeral).
- FEMA must be able to verify the applicant’s identity.

Funeral Assistance Awards

- Max award is \$9,000 per funeral and a max of \$35,500 per registration (total annual Individual Assistance Award).
- Single registration for all deaths if there were multiple COVID related deaths in one family.
- Funds assist with funeral services and interment or cremation.
- Any assistance received from another source will be deducted from the funeral assistance award.
- Life insurance is not considered a duplication of funeral assistance benefits.

Covered Expenses:

- Transfer of remains
- Casket or urn
- Burial plot or cremation niche
- Marker or head stone
- Clergy or officiant services
- Arrangement of the funeral ceremony
- Use of funeral home equipment or staff
- Cremation or interment costs
- Costs to produce death certificate(s)
- Additional costs mandate by any applicable local or state government laws or ordinances

Applicants with questions about death certificates should contact the decedent’s town/where death occurred



STAY CONNECTED—GET 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

This project is funded by the Administration for Community Living CARES ACT funding

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.



EHC! Launches SNAP Call Center Hours Specifically for Older Adults

Our SNAP Call Center Associates assist with SNAP applications, redeterminations, periodic report forms, screening for eligibility, and general inquiries about SNAP. Our team is here to help you and your family so you do not have to navigate the SNAP process alone.

Call us toll-free (866) 974 - 7627 or email EHC! at SNAP@endhungerct.org

for an appointment.

Please note, if you choose to call the SNAP hotline, you will have to leave a voicemail with your name and number and one of our Call Center Associates will return your call as soon as possible. Please also state in your call or email that you are requesting an older adult appointment.

COVID—19 VACCINATION CLINIC & REGISTRATION INFORMATION

Vaccines now open to people age 12 and over

General Vaccine Registration Info

- 211 Connecticut worked in close partnership with the State of Connecticut, Department of Public Health, and vaccine providers across our state to create a list of public COVID-19 Immunization Clinics.
- The public directory of vaccine clinics is now available at www.211ct.org/vaccineclinics.
- All vaccine clinics require an appointment to be made in advance. When viewing the directory of vaccine clinics, click on 'More Details' for specific information about how you can schedule an appointment at each location.
- Those eligible to receive the vaccine who are unable to self-schedule an appointment due to lack of internet access or access to technology, a disability or a language barrier can call the COVID-19 Vaccine Appointments Assistance Line at **877-918-2224 during the hours of 8AM and 8:00PM, seven days a week** to schedule an appointment. It may be faster to leave your call back info versus staying on hold, but it is your choice.
- **Hartford Healthcare vaccine registration phone number is 860-827-7690.** They offer Hartford Healthcare specific sites such as; CT Convention Center, Backus Hospital, Windham Hospital, Hartford Hospital and additional HHC facilities.
- You can also call **Hebron's COVID-19 Information Hotline at 860-228-5977** where you'll be connected to the Senior Center. Presently, the only information we have is the same as listed above, but if you need assistance or have questions please call.



Sudoku

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

How to play

In classic sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipe

Quick & Tasty Banana Pudding

Ingredients

- 1 small banana
- 3 tablespoons thawed nondairy whipped topping
- 2 tablespoons prepared vanilla pudding
- 2 vanilla wafers

Directions

- Cut half of 1 small banana into slices; keep other half in the peel and save for another use. Layer 1 (5-oz.) glass with 1 Tbsp. thawed nondairy whipped topping, one-fourth of banana slices, 1 Tbsp. vanilla pudding, another fourth of banana slices, and 1 vanilla wafer. Repeat. Dollop with 1 Tbsp. thawed nondairy whipped topping.
- Note: For testing purposes only, we used Hunt's Snack Pack Vanilla Pudding. One (5-oz.) pudding cup yields 6 Tbsp. pudding.



Recipes

Watermelon-and-Feta Orzo Salad

Ingredients

- 1 cup orzo pasta
- ½ cup Lemon-Shallot Vinaigrette
- 3 cups seeded and diced watermelon
- 4 cups firmly packed watercress or baby arugula
- 4 ounces crumbled feta cheese

Directions

- Prepare pasta according to package directions. Toss together hot pasta and Lemon-Shallot Vinaigrette in a large bowl. Cover and chill pasta mixture 3 to 24 hours.
- Gently toss together watermelon, watercress, feta cheese, and pasta mixture just before serving; add salt and pepper to taste.



Fresh Summer Corn Sauté

Ingredients

- 2 teaspoons unsalted butter
- 2 cups fresh corn kernels
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons torn basil leaves

Directions

- **Step 1** Melt butter in a large nonstick skillet over medium-high heat. Add corn, salt, and pepper; sauté 4 minutes or until crisp-tender, stirring occasionally. Sprinkle with basil.
- **Step 2** Fresh Creamed Corn: Melt 2 teaspoons butter in a large nonstick skillet over medium-high heat. Add 2 cups fresh corn kernels and 2 tablespoons minced shallots to pan; cook 1 minute, stirring constantly. Add ¾ cup 1% low-fat milk, 2 teaspoons all-purpose flour, and ¼ teaspoon salt to pan; bring to a boil. Reduce heat to low; cover and cook 4 minutes. Serves 4
- **Step 3** Fresh Corn Sauté with Red Pepper and Onions: Melt 2 teaspoons butter in a large nonstick skillet over medium-high heat. Add 2 cups fresh corn kernels to pan; sauté 2 minutes. Add ¼ cup chopped green onions, ¼ cup diced red bell pepper, ¼ teaspoon salt, and ¼ teaspoon freshly ground black pepper to pan; sauté 2 minutes or until crisp-tender.
- **Step 4** Fresh Corn Sauté with Bacon and Chives: Chop 2 center-cut bacon slices. Add bacon to a large nonstick skillet over medium-high heat; cook until bacon begins to brown. Add 2 cups fresh corn kernels, ¼ teaspoon salt, and ¼ teaspoon freshly ground black pepper to pan; sauté 4 minutes or until crisp-tender. Sprinkle with 1 tablespoon chopped fresh chives.



Raspberry-Lime Rickey Slushies

Ingredients

- 2 ½ cups ice cubes
- 1 ½ cups sparkling water
- 6 tablespoons sugar
- ¼ cup fresh lime juice
- 8 ounces fresh raspberries, frozen
- Lime wedges (optional)

Directions

- Combine first 6 ingredients in a blender. Blend until smooth. Serve slushies with lime wedges, if desired.



Summer Olympics

Find and circle all of the Summer Olympic events that are hidden in the grid. The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOEING
CYCLING
DIVING
EQUESTRIANISM
FENCING

FOOTBALL
GYMNASTICS
HANDBALL
HOCKEY
JUDO
MODERN PENTATHLON
RHYTHMIC GYMNASTICS
ROWING
SHOOTING
SOFTBALL
SWIMMING
SYNCHRONIZED SWIMMING

TABLE TENNIS
TAEKWONDO
TENNIS
TRAMPOLINING
TRIATHLON
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING
YACHTING

CT Museums and Galleries offering virtual tours and exhibits

Wadsworth Atheneum Museum of Art

600 Main St. in Hartford: "Leonardo Drew: Two Projects," an exhibit of two of Drew's site-specific sculptural "Explosion" installations, are up until Nov. 14. One will be on the lawn and another in the Main Street lobby. "Todd Gray: MATRIX 186" is up until July 18. "Goya, Posada, Chagoya: Three Generations of Satirists" is up until Nov. 7. "A Remarkable Friendship: Henri de Toulouse-Lautrec and Jane Avril" is up until Aug. 29. "Reflections: 48th Annual Hartford Youth Art Renaissance" is up until June 30. "Milton Avery: The Connecticut Years" is up until Oct. 17. **hewadsworth.org.**

New Britain Museum of American Art

56 Lexington St.: "NEW/NOW Jennifer Wen Ma: An Inward Sea" is up until Oct. 24. Recent gifts and acquisitions are up until July 25. **nbmaa.org.**

Connecticut Historical Society

One Elizabeth St. in Hartford: "Freedom Journey 1965: Photographs of the Selma to Montgomery March by Stephen Somerstein" is up until Aug. 28. "Connecticut Freedom Workers: Remembering the Civil Rights Movement" is up until Oct. 16. Permanent exhibits are "Making Connecticut" and "Inn & Tavern Signs of Connecticut." **chs.org.**

Yale University Art Gallery

1111 Chapel St. in New Haven: "Kline and Rothko: Six Works from the Lang Collection" is up until July 18. **artgallery.yale.edu.**

Mystic Seaport

75 Greenmanville Road: "Sailor Made: Folk Art of the Sea" is on view. "A Spectacle in Motion: The Grand Panorama of a Whaling Voyage 'Round the World" will be up until March 27. **mysticseaport.org/explore/exhibits.**

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 Persnipyty, 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.

