

2022

# Hebron Senior Center Newsletter



**RUSSELL MERCIER SENIOR CENTER**  
12 Stonecroft Drive, Hebron, CT 06248  
Phone: (860) 228-1700; Fax: (860) 228-4213

<b>Sharon Garrard</b>	x 203 Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
<b>Mandy Roczniaik</b>	x 202 Program Coordinator	aroczniaik@hebronct.com
<b>Tammy Scherp</b>	x 201 Transportation Coordinator	dar@hebronct.com
<b>GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM</b>		<b>seniorcenter@hebronct.com</b>

### \*\*\*\*\*Senior Center Weather Closing Policy\*\*\*\*\*

If Schools are closed due to poor weather/road conditions or a major power outage The Senior Center is closed and there will be NO Dial-A-Ride, senior center activities, or Meals on Wheels. If schools have a 2 hour delay, Center activities and transportation start @ 9:00AM.

### AARP Tax Preparation

The AARP Tax Preparation is presently scheduled to be in-person here at the Senior Center, but that is subject to change. Tax preparation will take place Tuesdays from 9:00am—1:00pm March 8th—March 29th. This is by appointment only. To make an appointment, please call 860-228-1700.



### St. Patrick's Day Celebration March 17th



Two years ago on March 17, 2020 we closed our doors to the public due to Covid and although we have been back open for quite some time, we want to take this opportunity to welcome everyone back with a celebration for St. Patrick's Day. We will be having our Sunshine Singers perform from 11:15-Noon and lunch is at Noon; Corned beef cabbage, parslid boiled potatoes, carrots, rye bread, frosted carrot cake. Then, if you choose to stay, join us to play Bingo at 1:00pm. The cost for lunch will be \$3 and you must sign-up for lunch by Monday, March 14th. Even if you choose to not do lunch, please come listen to the Sunshine Singers as they sing a collaboration of songs including some Irish favorites. Doors open at 11:00am. To register, please call 860-228-1700.

### RHAM BINGO—Wednesday, March 16

Join us for Bingo on Wednesday, March 16th from 2:30-4pm. The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded. To sign-up, please call the senior center at 860-228-1700. RHAM Bingo will be held the 3rd Wednesday of each month.



### NEW—Left, Center, Right Game



Join us on **Monday, March 21st at 1:00pm** as we introduce a new dice game called Left, Center, Right. Easy to learn, fun to play. Minimum of 3 players but the max is unlimited. Be the first to collect all the chips and win. You can learn the game in less than a minute. To sign-up call the center at 860-228-1700.

### Easter Cookie Decorating and an Easter Bunny Visit—Tuesday, April 5 12:30pm



Marlborough Health & Rehab Center and National Health Care Associates is sponsoring an Easter Cookie Decoration and Easter Bunny event On Tuesday, April 5 at 12:30pm.

Come join us to have some Easter fun. This is a free event, but does require pre-registration to insure we have enough. Registration deadline is Friday, April 1st by Noon.

To register please call 860-228-1700.



**HEBRON COMMISSION ON AGING**

Chairperson: Tonya Maurer

Members: Cecile Piette, Beth Schmeizl, Deb Hart, Cathy Litwin, Dianne Welch (1 open spot)

Alternates: (2 open spots) Board of Selectmen Liaison: Gail Richmond

**The next scheduled Commission on Aging Meeting is scheduled for Wednesday, May 4th—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](http://www.hebronct.com)**

**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, week-end 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 2022: Mar 1, 15, 29**

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

**Community Café**

The Elderly Nutrition Program offers onsite meals in our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) continues to be the vendor for the program. Sign-up for meals at the Senior Center or by calling 860-228-1700. PLEASE NOTE, IF YOU ARE MAKING A RESERVATION FOR THE FOLLOWING DAY, YOU MUST SIGN UP NO LATER THAN 10:00AM THE DAY BEFORE AND BY 10:00AM ONFRIDAY FOR MONDAY'S LUNCH. Reservations called in after 10:00am for the next day cannot be accepted. A donation of \$3 is requested per meal.



**Coloring, Cookies, and Conversation**



On Monday, March 14th and March 28th from 12:45-2:00pm a new informal program to gather together to enjoy conversation, cookies, and coloring to relax and connect. The program will run on the 2nd and 4th Mondays of each month. We provide the cookies and coloring supplies, you provide the conversation. We do ask you to pre-register by calling 860-228-1700.



## **Programs and Activities**

### **Stamping Class**

Tuesdays 1:00PM—2:30PM Come join this fun class where you will learn the basics as well as advanced techniques of rubber stamping and card making! No previous experience is required - you'll be amazed at how simple it is to create beautiful cards that will bring joy to family and friends. Themes include birthday, holiday, seasonal, and more. The class runs consecutive weeks and the cost is \$35 for 4 consecutive weeks; includes instruction and all supplies. You can pay the instructor at your first class, but must pre-register for the class by calling 860-228-1700, stop in to sign-up, or email [seniorcenter@hebronct.com](mailto:seniorcenter@hebronct.com).

### **Mindful Meditation**

**Wednesday, March 2nd and the 16th from 10:15-11:15.** Mindful 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 Roczniak 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 45-minute time slots from 9:00am – 3:00pm Monday – Thursday (last time slot at 2:00pm) with 10 minutes between appointments for cleaning, Fridays 9:00-12:00 (last time slot at 11:00am). Maximum of three people per time slot and if coming together from different households it is highly recommended that you are all vaccinated. We have two new pieces of cardio equipment a new elliptical machine and a Teeter (a recumbent cross-trainer). Masks will be required in the common areas, 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**. 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, call 860-228-1700 to sign-up.

### **Hand & Foot Canasta Cards**

Beginning Tuesday, August 10th at 1:00pm – 3:15pm. Pre-registration required prior to the first time attending and check-in for all attendees required. Hand and Foot is a popular variation from the rummy type game of Canasta.. Hand and Foot uses about 5 or 6 decks of standard playing cards and is played with 2-6 players. The objective of Hand and Foot is to be the first to get rid of all of your cards and for your team to have the most points. To sign-up call 860-228-1700.

### **RHAM BINGO—Wednesday, March 16**

Join us for Bingo on Wednesday, March 16th from 2:30-4pm. The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded. To sign-up, please call the senior center at 860-228-1700. RHAM Bingo will be held the 3rd Wednesday of each month.

### **BINGO / BINGO CALLERS NEEDED**

Thursdays 1:00—3:00pm. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. BYOB (Bring Your Own Beverage). No food or beverage provided. Sign-up is required and everyone must complete senior center membership paperwork (free to be a member) and must check-in each week at the kiosk. Masks are required for everyone in all areas and can only be removed if there is enough space for social distancing. Volunteer callers are needed, if interested please let us know. To sign-up to play or volunteer to call games, please call 860-228-1700.

### **Walmart Shopping Trip**

There will be a trip to Walmart and Aldi's in North Windham on **Friday, March 11th and 25th 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**

**They meet Thursdays from 10:10am to 11:40am.** The Sunshine Singers welcome any and all who enjoy signing and would love to share their talents with others. They will be signing 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-

## **Programs and Activities**

### **Big Y Shopping Trip**

We will be adding a trip to Big Y once a month beginning Friday, March 18th. This will fall in between the weeks we go to Walmart. We'll head over to Big Y about 10:00am. Pre- registration is required by Thursday at Noon. To sign-up, please call 860-228-1700.

### **Enhance Fitness via ZOOM with Paul Smith**

**Mondays, Wednesdays and Fridays, 9:00am – 10:00am.** Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. We will be joining Paul Smith via ZOOM in our multi-purpose room for the Enhanced Fitness Class. The class is free, but space is limited and pre-registration is required. Please call 860-228-1700.

### **All Levels Yoga Class**

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, **The next new session will be Monday, March 21st through Wednesday, April 13th. There will be 8 classes in this session for \$24.** This yoga class practice developing strength, balance throughout the entire body and overcoming stiffness, Modifications will be demonstrated and chairs may be used to meet all abilities. Please bring a yoga mat if you will not be using a chair. To register please call 860-228-1700.

### **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 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

### **AARP Drivers Course—Virtual**

The following is the schedule of VSD courses through June 2022. Registration is available at [AARP.Cvent.com/dsvirtual](https://www.aarp.org/cvent.com/dsvirtual). Please note: Cvent registration closes 7 days prior to the course date. Classes are 4hr+15 min long. Cvent will provide the Zoom link and additional course information. The On-Line course is still available at a 25% discount.

March 10th, 9:30am  
March 23rd, 12:30pm  
April 11th, 12:30pm  
April 28th, 9:30am  
May 9th, 12:30pm  
May 23rd, 9:30am  
June 9th, 12:30pm  
June 20th, 9:30am

**AARP**<sup>SM</sup>



## **Senior Center Rules & Regulations**

- **Masks are MANDATORY** for everyone, masks must remain on at all times.
- **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."
- **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.
- **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.

# Hebron Senior Center Happenings..... March 2022

**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
<b>Feb 28</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch 12:45–2:00—Coloring,, Cookies & Conversation	<b>March 1</b> 9:00–3:00 Exer. Rm 9:00-11:00 Better Balance 9:00-2:00 AARP Taxes 10:00–11:30—Knitting 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—Lunch 1:00–2:15 Stamping	<b>March 2</b> 8:30—Comm. On Aging—Virtual 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 10:15-11:15—Meditation 11:50–12:30—Lunch	<b>3</b> 9—Noon Exer. Rm 9:00-11:00 Better Balance 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	<b>4</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul
<b>7</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch	<b>8</b> 9:00–3:00 Exer. Rm 9:00-2:00 AARP Taxes 10:00–11:30—Knitting/Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	<b>9</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch	<b>10</b> 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	<b>11</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00-1:00—Walmart Trip</b>
<b>14</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch 12:45–2:00—Coloring,, Cookies & Conversation	<b>15</b> 9:00–3:00 Exer. Rm 9:00-2:00 AARP Taxes 10:00–11:30—Knitting 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot	<b>16</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga—Last Class of this session 10:15-11:15—Meditation 11:50–12:30—Lunch <b>2:30-4:00 RHAM Bingo</b>	<b>17</b> 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	<b>18</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 BIG Y Shopping Trip</b>
<b>21</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15–11:15—Yoga—New Session</b> 11:50–12:30—Lunch <b>1:00-2:30 NEW—Left, Center, Right Game</b>	<b>22</b> 9:00–3:00 Exer. Rm 9:00-2:00 AARP Taxes 10:00–11:30—Knitting/Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot	<b>23</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch	<b>24</b> 9—Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	<b>25</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00-1:00—Walmart Trip</b>
<b>28</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch 12:45–2:00—Coloring,, Cookies & Conversation	<b>29</b> 9:00–3:00 Exer. Rm 9:00-2:00 AARP Taxes 10:00–11:30—Knitting 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot	<b>30</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 10:15-11:15—Meditation 11:50–12:30—Lunch	<b>31</b> 9—Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	<b>April 1</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul

# Powerful Tools for *Caregivers*

Powerful Tools for Caregivers is a six-week education program for family and friends caring for older adults with cognitive and chronic impairment. The program focuses on the self-care of family caregivers.

Classes will be held on Wednesdays from 5:30 – 7:00 pm,  
March 9<sup>th</sup> through April 13<sup>th</sup>, 2022

Participants should plan on attending all sessions.



**Classes will be held on Zoom. A link will be sent after registration.**

Any questions or to register please contact:

Robin Brewer 860-887-3561 x 124, [rbrewer@seniorresourcesec.org](mailto:rbrewer@seniorresourcesec.org) OR

Joan Marshall 860-887-3561 x 121, [jmarshall@seniorresourcesec.org](mailto:jmarshall@seniorresourcesec.org)

March 9<sup>th</sup>: Class #1: Taking Care of You

March 16<sup>th</sup>: Class #2: Identifying and Reducing Personal Stress

March 23<sup>rd</sup>: Class #3: Communicating Feelings, Needs and Concerns

March 30<sup>th</sup>: Class #4: Communicating in Challenging Situations

April 6<sup>th</sup>: Class #5: Learning from Our Emotions

April 13<sup>th</sup>: Class #6: Mastering Caregiving Decisions



18 Ohio Avenue, Suite 2 • Norwich, CT 06360 • [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org)  
Phone: 860.887.3561 • 800.590.6998 • Fax: 860.886.4736

Take  
Control



"It's Your Life...Live it Well"



Feel  
Better

## **Live Well & Manage Your Chronic Pain - Virtual Workshop via Zoom**

**Join this free 6-week workshop and learn how to  
better manage your ongoing health condition**

Participants will need a computer, tablet or smart  
phone and a reliable internet connection.

**A technology training session will be provided on 03/24/22**

### **You will learn:**

- Techniques to deal with frustration, fatigue, isolation, poor sleep.
- Exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, and exercise and relaxation CDs. We will meet via Zoom, once a week for six weeks, each session is 2.5 hours.

Energize

Live

Thursdays, 10 a.m. – 12:30 p.m.

March 24, 31, April 7, 14, 21, 28, May 5, 2022

Contact Cathy @ [cgrosshart@swcaa.org](mailto:cgrosshart@swcaa.org) or

Carley @ [carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org)

Enjoy



2020



Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging, CT. Dept. of Public Health, Southwestern Connecticut Agency on Aging and North Central Area Agency on Aging

# FREE HELP AT HOME

For older and disabled residents who need assistance

- Household chores
- Yard work
- Companionship
- Transportation

*See sample task list*

Local volunteers needed  
age 15\* & up

\*ages 15-17 with adult consent and supervision

Sign up now at:  
[www.URCommunityCares.org](http://www.URCommunityCares.org)  
or call 860-430-4557



**Michelle Puzzo, President**  
[info@urcommunitycares.org](mailto:info@urcommunitycares.org)

**Volunteers can  
GIVE, GET &  
GROW  
In the Hebron  
Community**



**Does your  
neighbor  
need help?**

**UR Community Cares**  
URCommunityCares.org

UR Community Cares, is seeking volunteers who want to make an impact in the lives of older adults/physical disability in Hebron. Imagine the impact you can make to neighbors when you volunteer to help with housework chores, yard work, transportation and companion. Providing your time to those in need, at no charge will allow them to age in place.

- Give your time to serve town residents
- Get to know someone new while your community gets to know you
- Grow yourself, this is an opportunity to meet neighbors

URCommunityCares.org matches local Volunteers age 15+ to Community Members age 70+ or age 18+ with a physical disability (temporary after surgery/illness or permanent due to arthritis/stroke). All participants are background-checked. Our website allows anyone to connect easily for: raking, pet care, shoveling, taking out the trash weekly, transportation for medical appts. Choose what assistance you can give and best fits with your schedule to volunteer.

Youth Groups Can Volunteer Together to Make a Positive Impact

**Refer someone in need or contact us if you have any questions on how you can make a difference in Hebron:**

**[www.URCommunityCares.org](http://www.URCommunityCares.org)**

**Call Michelle Puzzo, President, at 860-430-4557**

**or email [info@URCommunityCares.org](mailto:info@URCommunityCares.org)**

## Chatham Health District COVID & FLU Vaccine Clinics

All these clinics are for either the Covid vaccine/Booster and Flu—you can get either or both—Walk-In, No appointments needed

- **Sunday, 3/6, 12 noon-2pm**-Colchester Federated Church, enter at 63 Linwood Avenue-Colchester (Moderna 18+, J&J 18+)
- **Thursday, 3/17, 4pm-6pm**-Colchester Federated Church, enter at 63 Linwood Avenue-Colchester (Moderna 18+, J&J 18+)
- **Friday, 3/18, 10:30am-1:30pm**-Colchester Fire Department, 52 Old Hartford Road-Colchester (Pfizer 12+, Moderna 18+, J&J 18+)
- **Thursday, 3/24, 4:30pm-7:30pm**-Portland Middle School, 93 high Street-Portland (Pfizer 5+, Moderna 18+, J&J 18+)
- **Thursday, 3/31, 4pm-6pm**-Colchester Federated Church, enter at 63 Linwood Avenue-Colchester (Moderna 18+, J&J 18+)

## Chatham Health District Covid Testing Clinics

- **Friday, 3/4, 3 pm - 7 pm**, Colchester Federated Church, enter at 63 Linwood Ave - Colchester
- **Saturday, 3/5, 8 am - 12 noon**, RHAM High School, 85 Wall Street - Hebron
- **Friday, 3/11, 3 pm - 7 pm**, Colchester Federated Church, enter at 63 Linwood Ave - Colchester
- **Saturday, 3/12, 8 am - 12 noon**, RHAM High School, 85 Wall Street - Hebron
- **Saturday, 3/19, 8 am - 12 noon**, RHAM High School, 85 Wall Street - Hebron
- **Friday, 3/25, 3 pm - 7 pm**, Colchester Federated Church, enter at 63 Linwood Ave - Colchester
- **Saturday, 3/26, 8 am - 12 noon**, RHAM High School, 85 Wall Street - Hebron

## It's Official: Get free COVID test kits at COVIDtests.gov

There's a new federal resource to get free FDA-authorized coronavirus test kits. At [COVIDtests.gov](https://COVIDtests.gov), you'll find information about testing and a link to the U.S. Postal Service – [special.usps.com/testkits](https://special.usps.com/testkits) – where you can order up to four rapid tests to be sent to your home address. Or order your kits by calling 1-800-232-0233 (TTY 1-888-720-7489). Your kits will be mailed through the U.S. Postal Service within 7 to 12 days.

The tests are completely free. There are no shipping costs, and you don't have to give a credit card or bank account number. You only need to give a name and address. Once you place an order, you'll get an order confirmation number. If you give your email address, you'll also get an order confirmation email and delivery updates. Anyone who asks for more information than that is a scammer. So, remember:

Go to [COVIDtests.gov](https://COVIDtests.gov) or call 1-800-232-0233 (TTY 1-888-720-7489) to order your free COVID test kits from the federal government. Online, if you click to order, you'll be redirected to [special.usps.com/testkits](https://special.usps.com/testkits). If you follow a link from a news story, double-check the URL that shows in your browser's address bar.

No one will call, text, or email you from the federal government to ask for your information to "help" you order free kits. Only a scammer will contact you, asking for information like your credit card, bank account, or Social Security number. Do not respond. Instead, report it to the FTC at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov).

Get **free** COVID test kits at  
**COVIDtests.gov** or  
**1-800-232-0233**

- ▶ There are no shipping costs.
- ▶ You don't have to give a credit card or bank account number.
- ▶ You only need to give your name and address.

**Anyone who asks for more information than that is a scammer.**

Report them to the FTC at  
**ReportFraud.ftc.gov** or your attorney  
general at **ConsumerResources.org**.

NATIONAL ASSOCIATION OF ATTORNEYS GENERAL  
FEDERAL TRADE COMMISSION

## 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. **To make an appointment, please call Sharon 860-228-1700.**



Program eligibility is determined by total household gross income and is available for all heated households using oil, kerosene, propane, wood, pellets, coal, electric, or natural gas heat. To make an appointment please call 860-228-1700. Applicants will be seen by appointment only, no drop-ins. Households must apply seasonally, so if you applied in previous years a new application must be completed. The Assistance program is designed to offset winter heating costs for low-income (below 60% of state median income) households in Windham and Tolland counties. Deliverable-heated households may use benefits starting November 1<sup>st</sup> and ending March 15. Utility-heated households (Eversource Energy, electric and gas) are eligible to participate in the matching payment programs and are protected from utility shut-off from November 1 through April 15.

To apply for assistance, applicants must schedule an appointment and provide copies of the following documents for all household members 18 and over and not in school:

- Income eligibility; one person \$39,027, two people \$51,035
- Names, birthdates, and Social Security card numbers for all household members.
- Most recent pay stubs if employed, (4 if paid weekly, 2 if paid bi-weekly), unemployment printout.
- Self-employment worksheet if self-employed.
- Proof of SS, SSI, SSDI. DSS readout for cash assistance and SNAP benefits if available.
- Proof of Child Support and/or Alimony.
- Rent Receipt/Lease, with name, address and telephone number of landlord.
- Mortgage statement or tax bill if property owner.
- Proof of Primary heating source/Utility bill(s) with account numbers for the residence in a household member's name.
- All pages of recent bank account statements (checking & savings) showing name & account numbers of all household members.
- Letter from friend or relative if they give support money, must have an amount.
- If paid under the table a letter stating how much you were paid during the previous 4 weeks.

### Tips

#### Here are seven ways how you can save on your energy bills this season:

- Let the sun heat up your rooms. Use curtains to your advantage. ...
- Seal cracks, leaks and drafts. ...
- Reprogram your thermostat. ...
- Service your heating system. ...
- Reverse ceiling fans. ...
- Assess your fireplace. ...
- Replace your indoor air filter.

# Sudoku

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

## How to play

In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

## SOLUTION

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

## Dessert Recipe

### NO-BAKE, MINT GLUTEN-FREE CHOCOLATE LASAGNA RECIPE

#### INGREDIENTS

- 1 15.25 Ounce Package Gluten-Free Chocolate Vanilla Cream Cookies \* (or "regular" Mint Oreos)
- ¼ Cup Butter (½ stick)
- 8 Ounce Package Cream Cheese
- ¼ Cup Granulated Sugar
- 2 Tbl Heavy Cream
- 8 Ounce Container Cool Whip
- 2 Cups Cold Milk
- 1 tsp Mint Extract
- 2-3 Drops Green Food Coloring
- 3.9 Ounce Package Instant Chocolate Pudding

#### INSTRUCTIONS

- Prepare chocolate pudding according to directions on the box, using the 2 cups of cold milk. Set aside in the fridge until ready to use.
- Put Oreos in a food processor and pulse into fine crumbs.
- In a medium sized bowl, combine melted butter and Oreo crumbs and mix well.
- Grease the bottom of an 8x8 baking dish.
- Press the Oreo crumbs into the bottom of the baking dish and place in the fridge to chill for 5 minutes.
- In a separate medium sized bowl mix cream cheese, sugar and cream until light and fluffy.
- Stir in 1 cup of cool whip, ½ teaspoon mint extract and 2-3 drops of green food coloring.
- Spread this mixture over the crust.
- Spread pudding over the cream cheese layer.
- Mix remaining cool whip, ½ teaspoon mint extract and 2-3 drops food coloring together.
- Spread over the pudding layer.
- Top with mini chocolate chips.
- Refrigerate for 30 minutes before serving.



## Recipes

### Ravioli and Spinach Lasagna

#### Ingredients

- 1 pound italian sausage
- 12 ounces baby spinach
- 24 ounces marinara sauce
- 20 ounces refrigerated cheese ravioli
- 3 cups shredded mozzarella cheese

#### Instructions

- Preheat oven to 350 degrees.
- In a large skillet over medium heat, crumble and cook sausage until browned.
- Add spinach and stir together until wilted.
- In 9x13 pan, ladle enough pasta sauce to cover bottom of pan.
- Arrange a single layer of ravioli to cover bottom of pan. Cover with 1-1/2 cups mozzarella cheese and layer remaining cheese ravioli on top.
- Spread sausage and spinach mixture evenly over ravioli.
- Pour remaining marinara sauce over sausage and spinach and top with remaining cheese.
- Bake for 30 minutes or until warmed through and bubbling. Let cool 10 minutes before cutting and serving.



### Five-Ingredient Dinner: Pesto Pizza With Fixins Pesto, Feta and Arugula Pizza

Serves 2

#### Ingredients

- 1 16-ounce store bought pizza dough
- olive oil\*
- 1 small container store bought pesto
- 1 cup frozen corn kernels, thawed (or fresh and roasted if it's summertime!)
- 2 handfuls feta cheese, plus more for serving
- A few handfuls of arugula

#### Directions

Heat oven to 425°F. Stretch pizza dough into a large circle or two small ones on a baking sheet brushed with olive oil. Spread the dough with pesto, leaving the edge bare, and sprinkle corn and feta over the top (or divide between the two pizzas). Bake until golden, 15-20 minutes. Transfer the pizza to a board and top with a few handfuls of arugula and another sprinkling of feta.



### One Pan Baked Teriyaki Salmon and Vegetables

#### Ingredients

- 1 large salmon fillet - (or 4 6-ounce salmon fillets)
- 2 bell peppers - (red or green), chopped (see note)
- ½ white or red onion - chopped
- 1 cup chopped or sliced carrots
- 2 cups broccoli florets
- salt and pepper to taste
- 2 tablespoons oil
- 1 ½ cups of your favorite teriyaki sauce

#### Directions

- Preheat oven to 400 degrees. Grease a large baking sheet and arrange salmon in the center. Combine vegetables in a large bowl along with oil. Toss to coat.
- Transfer to baking sheet arranging the vegetables so that they are around but not on top of the salmon. Season vegetables and salmon with salt and pepper to taste.
- Drizzle 2/3 of the sauce over the salmon and veggies. Bake for 15-20 minutes until salmon is flaky and tender and veggies are easily pierced with a fork. Steam/cook the rice while the salmon is baking.
- Drizzle with remaining sauce and serve immediately



## St. Patrick's Day

Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message. .

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

BEER

BELFAST

BISHOP

CABBAGE

CELEBRATION

CELTIC CROSS

CHRISTIAN

CLOVER

CORK

CORNED BEEF

DANCING

DUBLIN

EVENTS

FEAST DAY

FESTIVAL

GREEN

GUINNESS

HERITAGE

HISTORY

HOLIDAY

HOLY DAY

IRELAND

IRISH

LEPRECHAUN

LIMERICK

MARCH

MISSIONARY

MUSIC

PARADE

PATRON SAINT

POTATOES

SEVENTEENTH

SHAMROCK

SNAKES

SODA BREAD

TRADITION

YEARLY