

2022

Hebron Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard	x 203 Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
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Tammy Scherp	x 201 Transportation Coordinator	

GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com



We are closed Monday, May 30th for Memorial Day



FATHER'S DAY MEAL Thursday, June 16th at Noon

Please join us for a special Father's Day Meal which will consist of; apple Juice, Cowboy Burger w/ Onions Rings, Bacon & Cheddar, Sweet Potato Fries, Lettuce/Tomato, Ketchup, Mustard, Mayo, Kaiser Roll, and French Silk Chocolate Pie. Cost is \$3 for anyone 60 years and older (under 60 it is \$7.50) and you must register by Tuesday, June 14th. Lunch is for anyone, not just dads. Call 860-228-1700 to register. And if you'd like, stay for BINGO which starts at 1:00pm.

Community Café

Please join us at our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) provides the food for this 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 ON FRIDAY 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. Please see the May MENU on page 6.

Come Play Corn Hole

Tuesday, June 14th and 28th, 10:00am—11:30 (every 2nd & 4th Tuesday of the month) we will be playing Corn Hole. What is it, *Cornhole* is similar to horseshoes except you use wooden boxes called *cornhole* platforms and corn bags instead of horseshoes and metal stakes. You can play one vs one or two vs two. Games are played to 21 points. Games will be played outside, but if the weather is bad, we can move it indoors, but it is intended to be outside (fresh air and fun in the sun). As we grow, teams can be formed and eventually even have a corn hole league. To register, please call us at 860-228-1700.



Lunch Trip

Thursday, June 23 join us as we take a trip to Rein's Deli in Vernon for lunch. For over forty years it's been just like coming home - Rein's Deli, serving traditional New York style Jewish Deli...food that feeds the soul & warms the heart. Transportation is \$5, lunch cost is on your own. Depart the Senior Center at 11:15 and return approximately 1:30-1:45. Minimum of 6 people, maximum of 12. To sign-up, call the Senior Center at 860-228-1700.

Movies Are Back

Starting on Monday, June 13th (the 2nd Monday of the month) at 12:45, we'll show a movie on our 75 inch HD TV. To start things off we'll show the movie **CODA**—winner of 3 Academy Awards—As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents. Come early and sign-up for lunch (\$3) which is at Noon. See the menu on page 6. To sign-up for the movie or lunch and a movie 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, July 6th—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

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: June 7, 21

To schedule a ride to the Food Truck call 860-228-1700 (rides based on availability)

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. Please MENU on page 6



Retiring or Turning 65?



Wondering how Medicare retirement works? Remember that there are 4 parts to Medicare: Part A (Hospital), Part B (Medical), Part C (Medicare Advantage Plan, sold by a private company), Part D (Prescription Drug). Your initial enrollment period for Medicare (all parts) begins three



months before the month you turn 65 and lasts until the end of the third month after your birthday month – a total of seven months. If you don't sign up during the initial window, you can sign up between January 1 and December 31 each year for coverage that begins July 1. Failure to sign up during the initial enrollment period, however, could result in permanently higher premiums – unless you qualify for a special enrollment period. For more information contact the Senior Center at 860-228-1700.

Programs and Activities

Enhance Fitness via ZOOM with Paul Smith—Mondays and Wednesdays

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

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, **The present session will continue until June 29th. (No Class Monday, May 30th) Sign-up for the remaining session at \$3 a class (when signing up for the block) or \$5 per class for drop-in.** 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.

Knitting/Crocheting/Needle Group—Tuesdays

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.

Stamping Class—Tuesday Afternoon

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.

Hand & Foot Canasta Cards—Tuesday Afternoon

Tuesdays—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.

Mindful Meditation—1st and 3rd Wednesday

Wednesday, June 1st and 15th 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 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.

Sunshine Singers—Thursday Mornings

They meet Thursdays from 10:10am to 11:40am. 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.

BINGO - Thursday Afternoons

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. To sign-up to play or volunteer to call games, please call 860-228-1700.

Mahjong Thursdays 12:30—3:15 The goal of mahjong is similar to poker, in that the aim is to make matching sets and pairs. A set is three or four identical tiles or three consecutive tiles (also known as 'melds'), and a pair is two of the same tiles (often called 'eyes'). To win mahjong a player must form four sets and one pair.

Programs and Activities

Walmart Shopping Trip—2X per month on Fridays

There will be a trip to Walmart and Aldi's in North Windham on **Friday, June 3rd and 17th 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.

Big Y Shopping Trip—Friday, June 10th and 24th

We will be going to Big Y on June 10th and 24th. This falls in between the weeks we go to Walmart. We'll head to Big Y about 10:00am. Pre- registration is required by Wednesday at Noon. To sign-up, please call 860-228-1700.

Transportation to the Food Bank—if a ride to the Food Bank is needed, please call to schedule a ride, 860-228-1700. Transportation to the Food Bank based on availability—Tuesdays 9:00-2:00pm, Thursday 9:00-2:00pm, or Fridays 9:00—11:00am. The day and time will be based on transportation availability.

Exercise Equipment Room—Daily

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 50-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. To reserve a time 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/drivers-education/virtual-driving-school/). 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.

June 9th, 12:30pm

June 20th, 9:30am




Senior Center Rules & Regulations

- **Masks are OPTIONAL.**
- **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 Don'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..... June 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
May 30 CLOSED FOR MEMORIAL DAY 	May 31 9:00–3:00 Exer. Rm 9:00-2:00 AARP Taxes 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	June 1 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	2 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Trip
6 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	7 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10:00–11:30 Corn Hole 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 Canasta	8 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	9 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y Shopping
13 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 12:45–2:45 Movie—CODA	14 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10:00–11:30 Corn Hole 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	15 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 11:50–12:45—Lunch	16 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Special Father's Day Lunch—sign- up 860-228-1700 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Trip
20 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	21 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:15-11:45-Mobile Food Truck—Church of Hope 11:50–12:30—National Salad Month Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	22 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	23 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:15–1:45 Lunch Trip— Rein's Deli—sign-up required 860-228-1700 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	24 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y Shopping
27 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	28 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10:00–11:30 Corn Hole 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga—last class this session 11:50–12:30—Lunch	30 9—Noon Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	July 1 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart

Hebron Senior Center JUNE 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
				1	Turkey Pot Pie Brussel Sprouts Garden Salad w/ Ranch Dressing Biscuit Mixed Fruit	2	Baked Potato Beef and Bean Chili Chuck Wagon Blend Wheat Roll Fresh Fruit
6	Fruit Punch Juice Vegetable Lasagna Garlic Knots Garden Salad w/ Ranch Dressing Fresh Fruit	7	Apple Juice BBQ Chicken Leg Potato Salad Roasted Corn Corn Bread Watermelon Slices	8	Orange Juice Corned Beef Reuben Coleslaw Grilled Vegetable Medley Rye Bread Mustard PC Fresh Baked Cookies	9	Baked Ziti Sweet Italian Sausage Ricotta, Mozzarella, Marinara Spinach Garlic Knot Peaches
13	Grape Juice Chicken Parmesan Garlic Pappardelle Steamed Broccoli Garlic Knots Fresh-Baked Cookies	14	Clam Strips French Fries Price Edward Blend Ketchup PC 100 % Wheat Bread Fresh Fruit	15	Orange Juice Roast Pork loin w Gravy Corn Bread Stuffing Garlic Green Beans Wheat Dinner Roll Cheese Cake	16	GRT FATHER'S DAY MEAL Apple Juice Cowboy Burger w/ Onions Rings, Bacon & Cheddar Sweet Potato Fries Lettuce/Tomato, Ketchup, Mustard, Mayo, Kaiser Roll French Silk Chocolate Pie
20	NO MEALS Senior Center is OPEN	21	Pot Roast w/ Gravy Sweet Mashed Potatoes Green Beans Almondine Oat Nut Bread	22	Cranberry Juice Baked Chicken Wings Chicken Caesar Salad Mixed Vegetable Sweet Potatoes Fresh Baked Cookies Dinner Roll	23	Southern Catfish Seasoned Yellow Rice California Blend Corn Bread Fresh Fruit
27	Grape Juice Apple Glazed Pork Chop Corn Bread Stuffing Buttered Carrots 100 % Wh Wheat Brd Fresh Fruit Frosted Cake	28	American Chop Suey w/ Elbow Pasta Seasoned Green Beans Wheat Dinner Roll Fresh Fruit	29	Oven Baked Chicken Garlic Mashed Potatoes Peas & Diced Carrots 100 % Wheat Bread Fresh Fruit	30	Bratwurst w/ Carrots onions Long Grain Wild Rice Brussel Sprouts Wheat Bread P'Apples & Mandarins

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses

All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.

SWAP SHACK

At Hebron's Transfer Station

The Swap Shack allows Hebron residents to give or take gently used items that are clean and in working order with all their parts for free.

Visitors should park near the grassy hill in the two designated spots and limit access to no more than 10 minutes.

Place your items in the racks provided, no boxes/bags/bins full of items may be left inside unpacked. If there is no space, try again at a later time. It's up to us to keep it safe and well organized!

HOURS

Sundays,
year-round
10 a.m. – 2 p.m.

*Please do not leave
anything outside
of the Swap Shack,
even when open.*



ACCEPTED ITEMS

Household items (dishware, glasses, silverware, pots & pans, frames, etc.)

Baby/child equipment (no car seats)

Small furniture items in good condition
(must fit in the building – lamps, footstools,
folding chairs, etc.)

Tools (garden, mechanical, hand tools, etc. –
non gas/oil powered)

Toys, games, puzzles, DVDs (no broken or
missing pieces or parts)

Sports, hobby, beach equipment

If you have questions, comments or concerns, want to learn more about the Hebron Green Committee or volunteer to attend to the shack, please visit:

hebrongoesgreen.com/swapshack

The Green Committee and Town of Hebron assume no liability for items taken.



What's Happening In Our Community



HEBRON PARKS AND RECREATION PRESENTS

FARMERS' & ARTISAN MARKET

SATURDAYS- 6/4, *6/18 HEBRON DAY SUMMER KICKOFF
AT BURNT HILL PARK, 7/2, 7/23, 8/6, 8/20
HEBRON ELEMENTARY SCHOOL

The Hebron Artisan Market brings local farmers, bakers, fiber producers and crafters to you and the surrounding community. You'll experience the freshest fruits, vegetables, baked goods and natural grown products right here in Connecticut, while enjoying live entertainment and browsing artisan ware! Event is free for the public!



HEBRON
farmers & artisans
MARKET

860-530-1281
WWW.HEBRONCT.RECDESK.COM/COMMUNITY

Made with PosterMyWall.com

Make Music Day Hebron

SEE YOU JUNE 21, 2022!

MAIN STREET IN HEBRO

Make Music Day is a celebration of music around the world, held on the same day—the Summer Solstice—in more than 800 cities in 120 countries. How exciting is that! Join in for a socially distanced celebration this year. We're currently looking for musicians!

PLEASE CONTACT US AT

TTCP@THETOWNCENTERPROJECT.ORG

OR PM DREW GIBSON, CHAIR,

[MAKE MUSIC DAY-HEBRON](#) ON FACEBOOK.



St. Peter's Church Monthly Dinners/ Events

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$14

June 18th—Baked Stuffed Chicken
Breast

July 16th—Chicken BBQ

August 20th—Pulled Pork Dinner

September 17th—Turkey Dinner

October 15th—TBD

November 12th—Roast Pork Dinner



**FIREWORKS
SATURDAY
JUNE 25TH AT
9:30PM
Lion's Fairgrounds
FREE**

**Gates open at 4:00pm
Food Vendors on-site**



June 18th

**Burnt Hill Park IS the
place to be.**

**Activities going on
between 10:30-2:30
for various interests.**



The Renters' Rebate Program



State law provided a property tax credit program for Connecticut homeowners who are age 65+ or totally disabled and whose incomes do not exceed certain limits

Likewise state law provides a reimbursement program for Connecticut 65+ and totally disabled renters. The filing period for this program is April 1 through October 1. Applications will be taken by appointment by calling the Senior Center at 860-228-1700

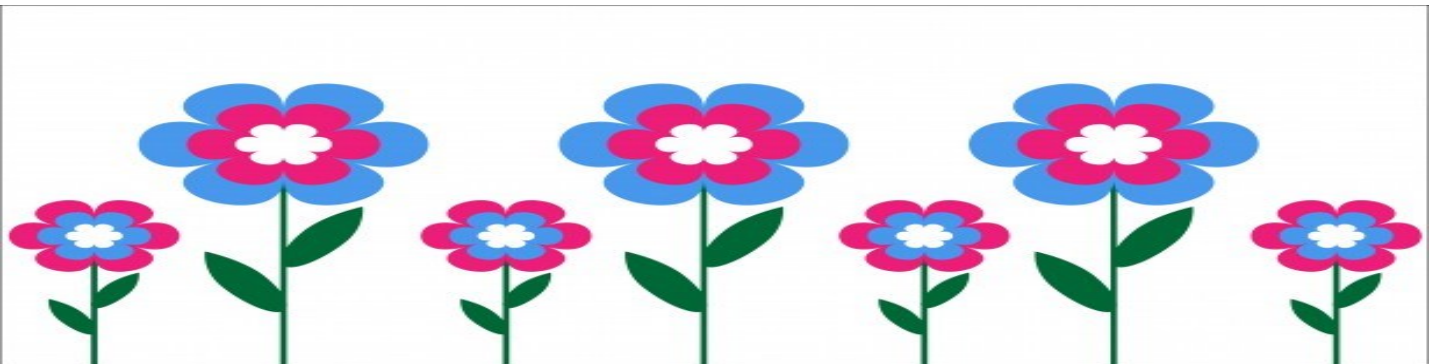
Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, other home heating expenses, and water; excluding telephone, cable or pay TV, or garbage removal) made in the calendar year prior to the year of applications - for example, when applying in 2022, we would be looking at income and expenses for calendar year 2021

To apply in 2022, applicants must have been age 65+ by the end of 2021. For couples, only one individual must be 65+. If an individual who was 65+ and previously qualified for the Renters' Rebate Program passes away, a surviving spouse who is age 50+ is eligible to apply

The maximum income limit for the Renters' Rebate Program is \$46,400 for couples and \$38,100 for single persons. "Income" is defined as taxable and non-taxable income from, but is not limited to –

- Net Social Security (Box 5 from the 2021 SSA 1099)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- IRA distributions
- Lottery winnings, payment for Jury Duty (excluding travel allowance)
- Net income from sale or rental property (however, do not include depreciation from 1040 Schedule E)
- Alimony
- Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)
- Net proceeds from Legal Settlements, Cancellation of Debt
- If a Federal Income Tax Return was filed for 2021, a copy must be provided

Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with the corresponding Schedule E or Schedule C, whichever is applicable, showing the rental income received from the Renters' Rebate applicant



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
or call 860-430-4557



Michelle Puzzo, President
info@urcommunitycares.org

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



UR Community Cares

URCommunityCares.org

**Does your
neighbor
need help?**

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

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

or email info@URCommunityCares.org

COVID-19 Vaccination Events

Please bring CDC card and insurance card if available (not required - still no cost to you!)

Please contact us at (860) 338-1865 or at anika.maybin@chathamhealth.org with any questions.

No appointment necessary

Primary series as well as booster doses available

- **Wednesday, 6/1, 11 am - 2 pm**, Portland Housing Authority-208 Main Street - Portland In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- **Sunday, 6/5, 11 am - 2 pm**, Jack Jackter Elementary School - 215 Halls Hill Road - Colchester In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- **Thursday, 6/16, 4 pm - 7 pm**, East Hampton Town Hall-1 Community Drive - East Hampton In partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+
- **Saturday, 6/18, 10:30 am - 2:30 pm**, Burnt Hill Park - 150 East Street -HebronIn partnership with CT DPH/Griffin Health Pfizer 5+, Moderna 18+, JJ 18+



Sudoku

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

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 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipe

Blackberry Cobbler

Ingredients

- 4 cups fresh blackberries
- 1 tablespoon lemon juice
- 1 large egg
- 1 cup sugar
- 1 cup all-purpose flour
- 6 tablespoons butter, melted
- Whipped cream (optional)
- Garnish: fresh mint sprig

Directions

- Preheat oven to 375°. Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping. Bake at 375° for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Serve warm with whipped cream, if desired. Garnish with fresh mint sprig, if desired.
- For a neat presentation, bake for the same amount of time in 6 (8-oz.) ramekins on an aluminum foil-lined baking sheet.



Recipes

Strawberry Feta Tossed Salad

Ingredients

- 6 cups torn mixed salad greens
- 2 cups fresh strawberries, sliced
- 1 package (4 ounces) crumbled feta cheese
- 1/4 cup sunflower kernels
- Balsamic vinaigrette

Directions

Place first 4 ingredients in a large bowl. To serve, drizzle with vinaigrette; toss to combine.



Salmon Veggie Packets

Ingredients

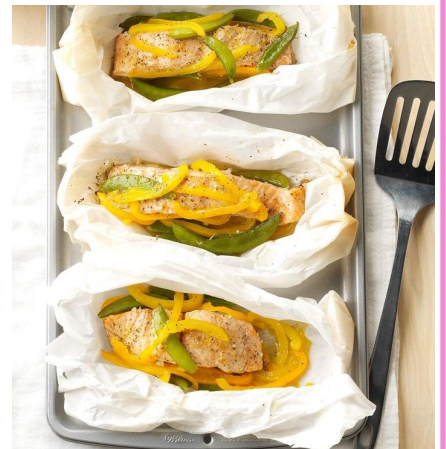
- 2 tablespoons white wine
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 medium sweet yellow peppers, julienned
- 2 cups fresh sugar snap peas, trimmed

salmon:

- 2 tablespoons white wine
- 1 tablespoon olive oil
- 1 tablespoon grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 salmon fillets (6 ounces each)
- 1 medium lemon, halved

Directions

- Preheat oven to 400°. Cut four 18x15-in. pieces of parchment paper or heavy-duty foil: fold each crosswise in half, forming a crease. In a large bowl, mix wine, oil, salt and pepper. Add vegetables and toss to coat.
- In a small bowl, mix the first five salmon ingredients. To assemble, lay open one piece of parchment paper; place a salmon fillet on one side. Drizzle with 2 teaspoons wine mixture; top with one-fourth of the vegetables.
- Fold paper over fish and vegetables; fold the open ends two times to seal. Repeat with remaining packets. Place on baking sheets.
- Bake until fish just begins to flake easily with a fork, 12-16 minutes, opening packets carefully to allow steam to escape.
- To serve, squeeze lemon juice over vegetables.



Cod with Bacon & Balsamic Tomatoes

Ingredients

- 4 center-cut bacon strips, chopped
- 4 cod fillets (5 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups grape tomatoes, halved
- 2 tablespoons balsamic vinegar

Directions

- In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels.
- Sprinkle fillets with salt and pepper. Add fillets to bacon drippings; cook over medium-high heat until fish just begins to flake easily with a fork, 4-6 minutes on each side. Remove and keep warm.
- Add tomatoes to skillet; cook and stir until tomatoes are softened, 2-4 minutes. Stir in vinegar; reduce heat to medium-low. Cook until sauce is thickened, 1-2 minutes longer. Serve cod with tomato mixture and bacon.



Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON