

2022

Hebron Senior Center Newsletter

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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



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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

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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 MENU on page 6.**

AARP Driving Course—IN-PERSON at the Senior Center



Tuesday, August 23rd we will be hosting the AARP Driver's Course, in-person. Class is 9:00am –1:00pm and you need to arrive by 8:50am and bring something to write with. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Friday, August 19th by noon. When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. To register for the class call the senior center at 860-228-1700. There will be another class that will run Tuesday, November 15th if you can't attend this one.

Movie Monday

Monday, August 8th (the 2nd Monday of the month) at 12:45, we'll show a movie on our 75 inch HD TV. The August movie will be Jerry and Marge Go Large. Based on the true story of Jerry (Bryan Cranston) and Marge Selbee (Annette Bening). Jerry, a natural math wiz, recently retired from the Kellogg's cereal factory near his hometown in Evert, Michigan uses a loophole in the Massachusetts State Lottery to win big. Come early and sign-up for lunch (\$3) which is at Noon. To sign-up for the movie OR lunch and a movie call 860-228-1700.



Have fun with these strange celebrations!

- Aug. 1–7: International Clown Week
- Aug. 3: National Watermelon Day
- Aug. 8: National Sneak Some Zucchini Onto Your Neighbors' Porch Day
- Aug. 10: National S'mores Day
- Aug 12: Vinyl Record Day
- Aug. 13: International Left-Handers Day
- Aug. 20: International Geocaching Day
- Aug. 20: World Honeybee Day
- Aug. 25: Kiss-and-Make-Up Day

August Astronomy

Full Sturgeon Moon

August's full moon, the full Sturgeon Moon, reaches peak illumination on the night of Thursday, August 11. For the best view of the full Moon, look skyward that night! It's also the final supermoon of 2022!

August Moon Phases

First Quarter: August 5, 7:07 A.M. EDT

Full Moon: August 11, 9:36 P.M. EDT

Last Quarter: August 19, 12:36 A.M. EDT

New Moon: August 27, 4:16 A.M. EDT

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cecile Piette, Cathy Litwin, Dianne Welch, Sandy Waldo, Carol Wheeler, and Angela Corentin

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

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, August 3rd—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.

Senior Center Focus Group

We would like to meet and hear from you about your ideas for programs, trips, and other interests. We will also use this time to go over the status of certain programs and activities. Please join us on Monday, August 22nd at 12:45pm. Pre-registration recommended for seating set-up. Please call 860-228-1700 to sign-up.



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 home-bound 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: Aug 2, 16, 30

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 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 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, Wednesdays, & Fridays

Mondays, Wednesdays & 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. Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

All Levels Yoga Class—For the Summer Months - Wednesdays Only

Starting July 6th—September 7th Yoga will be Wednesdays only 10:15-11:15am Taught by Maureen O'Brien, **The next session is August 10th through September 7th (5 classes for \$15) 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 others a new skill. This group will meet on **Tuesdays from 10:00am—11:30am.** Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

Stamping Class—Tuesday Afternoon

Tuesdays 1:00PM—2:15PM 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.

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. It is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

Mindful Meditation—1st and 3rd Wednesday

Wednesday, August 3rd and 17th 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 16 years. To register call 860-228-1700.

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. This is a free program, but pre-registration is required if it's the first time attending class. 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 if it's the first-time attending and you must complete the senior center membership paperwork (free to be a member). We ask everyone to check-in each week at the kiosk. 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. This is free. Pre-registration is required if it's the first time attending. Please call 860-228-1700.

Programs and Activities

Walmart Shopping Trip

There will be a trip to Walmart to North Windham on **Friday, August 5th and 26th and September 16th at 10:00am**. Seating is limited. To sign-up for this trip, please call 860-228-1700.

Big Y Shopping Trip—Friday

We will be going to Big Y on **Friday, August 12th, September 2 and 30th**. Pick-ups to Big Y begin about 10:00am. Pre- registration is required by Wednesday at Noon. To sign-up, please call 860-228-1700.

Shop Rite Shopping Trip—Friday

We will be going to the Glastonbury/East Hartford Shop Rite on **Friday, August 19th and September 23rd**. Pick-ups will begin about 10:00am. Pre- registration is required by Wednesday at Noon. To sign-up, please call 860-228-1700.

The week of September 5th—shopping will be Thursday, September 8th to Ted's IGA. Pick-ups will begin about 10:00am. Pre- registration is required by Tuesday 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.

Come Play Corn Hole

Tuesday, August 9th and 23rd, 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.



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.

UPCOMING EVENTS

Bus Transportation— Hebron Harvest Fair

Friday, September 9, we will be providing transportation to the Hebron Fair for Seniors 60 and over. Senior (65+) Admission - Free until 4:00 PM. Drop off at the fair will be at Noon and departure from the fair will be at 3:00pm. You must sign-up by Noon on Wednesday, September 7th. Pick-up times will be determined once we have a head count of who is riding the bus. To reserve your spot, please call 860-228-1700.

BIG E Bus Trip

Wednesday, September 21st—CT Day. We will travel up to New England's Fair and enjoy the Big E. Bus will leave the Senior Center at 8:45am and return approximately 4:30pm. Cost of the trip is \$5 for transportation. Admission is payable at the gate when you arrive to the fair or you can pre-purchase your ticket on your own. Fair tickets are not provided through the Senior Center. Register at the Senior Center or call 860-228-1700. There are only 16 spots available and **priority to Hebron/Amston residents until September 1st**. After September 1st, the trip is open to anyone. To sign-up call 860-228-1700, or stop in to sign-up.

Hebron Senior Center Happenings..... August 2022

To register for programs/lunch—please call 860-228-1700 to sign-up

Transportation call 860-228-1700 ext. 201

Mon	Tue	Wed	Thu	Fri
AUGUST 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch	2 9:00—3:00 Exer. Rm 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 Canasta	3 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 10:15-11:15—Meditation 11:50—12:30—Lunch	4 9—Noon Exer. Rm 10:10—11:40—Sunshine Singers 11:50—12:30—Lunch 12:45-3:15—Mah Jongg 1:00-3:00—BINGO	5 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Trip
8 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch 12:45—2:45 Movie— Jerry & Marge Go Large	9 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 10:00—11:30 Corn Hole 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	10 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga—New session 11:50—12:30—Lunch	11 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	12 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y
15 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch	16 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00—4:00—BUS TRIP— Aqua Turf 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	17 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	18 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	19 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shop Rite Trip
22 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch 12:45— Focus Group Meeting	23 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 10:00—11:30 Corn Hole 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	24 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	25 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	26 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y
29 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch	30 9:00—3:00 Exer. Rm 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 Canasta	31 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	September 1 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	September 2 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Trip

HEBRON SENIOR CENTER AUGUST 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	Italian Sausage w/ Peppers & Onions Linguini / Broccoli Normandy / Oatnut Brd/ Fresh Fruit	2	Orange Juice Baked Airline Chicken Potato Stuffin' (Potatoes w/ Onions, Carrots & Celery) Green Beans / Wheat Roll Apple Nut Pie ** <u>contains</u> <u>NUTS</u>	3	<u>National Watermelon Day</u> Salisbury Steak w/ Gravy Egg noodles Mixed Vegetables 100 % Whole Wheat Bread Fresh Watermelon Slice	4	Grape Juice Chili Cheese Dog on Hot Dog Roll Baked Potato Fries / Catsup Seasoned Carrots Pudding w/ Topping
8	Cheese Lasagna w/ Tom Sauce / Vegetable Medley / Italian Bread / Fresh Fruit	9	Grape Juice Maple-Glazed Kielbasa Mustard / Mashed Potatoes Prince Edward Blend Veg / Rye Bread / Frosted Cake	10	Honey Mustard Grill Chicken Sandwich on Kaiser Roll w/ Sliced Tomato / Lettuce/ Mustard & Mayo / Potato Salad / Fresh Fruit	11	Meat Raviolis / Tomato Sce 4-Way Vegetable Blend Parmesan Cheese Garlic Knot Fresh Fruit
15	Orange Juice / Crab Cake / Wheat Hamb Bun Tartar Sce / Sliced Toms Lettuce / Macaroni Salad / Fresh Fruit	16	<u>National Catfish Month</u> Southern Style Catfish Seasoned Yellow Rice Spinach 12 Grain Bread Fresh Watermelon Slice	17	Grape Ice/Corned Beef/Boiled Potatoes / Braised Cabbage & Carrots / Mustard / Wheat Dinner Roll / Frosted Cake	18	Orange Juice Pepperoni & Cheese Pizza Tossed Greens w/ Cherry Toms and Cucs / Ranch Drg Fresh Fruit
22	Country Fried Steak / Gravy / Garlic Smashed Potatoes / Brussel Sprouts / Rye Bread / Fresh Fruit	23	Stuffed Cabbage w/ Tom Sce White & Wild Rice Blend Capri Blend Vegetables 12 Grain Bread Fresh Fruit	24	Italian Wedding Soup Chef Salad w/ Romaine Lettuce ; Julienned Ham, Turkey, Cheese /Cherry Toms/ Cucs / Onions /Dressg/ Garlic Knot / Baked Cookie	25	<u>Nat'l Eat A Peach Month</u> 100 % Fruit Punch Ice Orange Marmalade Pork Mash Pots / California Vegs/ 100 % Whole Wht Bread/ Peach Pie
29	Grape Juice Spaghetti & Meatballs w/ Marinara Sce / Parm Cheese / 4- Blend Vegetables / Dinner Roll Wholegrain Fruit Oatmeal Bar	30	Orange Juice / Grill'd Ham Steak/ Scrambled Eggs / Catsup / Grill'd Asparagus / Home Fries / Cinnamon Roll	31	BBQ Chicken Leg Mashed Potatoes Seasoned Corn/ Corn Muffin Loaf / Fresh Fruit		

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.



Do You Need Help Paying Your Water & Sewer Bills?

Various programs are available to assist with water and sewer bill:

Connecticut Low Income Household Water Assistance Program (LIHWAP) - Households with gross annual income at or below \$39,027 for a 1 person household or \$51,035 for a 2 person household, can qualify for a water assistance benefit of up to \$1,000 through the Connecticut Low Income Household Water Assistance Program (LIHWAP) if they have disconnected service or are behind on their water bills. There is no liquid asset limit for this program. Help is available for both household water and wastewater bills. It is expected that the State of CT will allow applications for this program to begin in early August. Application can be made through the Senior Center by appointment by calling 860-228-1700

ConnecticutWater H2O Customer Assistance Program – Households with a ConnecticutWater past due balance and a gross annual income at or below \$27,180 for a 1 person household or \$36,620 for a 2 person household, can qualify for the H2O Customer Assistance Program. One-time Customer Hardship Assistance is also available for households who do not meet the above income guidelines, but are experiencing a one-time financial hardship or a life changing event that put their account in arrears. With ConnecticutWater's Assistance programs, a scheduled payment arrangement for the past due balance will be set up by ConnecticutWater. Over the course of 12 months, with each customer payment made, ConnecticutWater will match the payment, thereby eliminating the past due balance during the course of the 12 month period with the customer paying 50% of the past due balance, and ConnecticutWater matching the other 50%. Customers must also keep current on new bills as they are incurred during the time of the payment arrangement. ConnecticutWater requires that households contact their approved local community social services agency (the Senior Center is an approved local community social services agency) in order to confirm the customer's identity and income qualification by utilizing an eligibility checklist. Households wishing to apply for the ConnecticutWater H2O Customer Assistance Program can call the Senior Center at 860-228-1700 to set up an appointment.

ConnecticutWater Water Rate Assistance Program (WRAP) – Through WRAP, for households with a gross annual income at or below \$27,180 for a 1 person household or \$36,620 for a 2 person household, customers can get a 15% reduction on their entire water bill, excluding Linebacker service. Customers are requested to apply through Operation Fuel by going to <https://operationfuel.org/>, clicking on GET HELP, then clicking on APPLY ONLINE. Assistance with this process is available through the Senior Center by calling 860-228-1700 to schedule an appointment.

Eastern CT Veterans Community Center

WHO WE ARE.....

- The Eastern CT Veterans Community Center is a safe, happy and positive space for veterans and their families. We opened our doors in June of 2021 and have touched the lives of nearly 800 of our country's bravest. The Center is a beautiful space where veterans can visit with each other, play a game of cards or billiards, share a cup of coffee, watch a movie or use our library.
- Every Wednesday 50-70 veterans come for our Coffee House from 9-11:00 AM and enjoy the comradery and family connectiveness that has grown between our servicemen. Each week they enjoy different speakers, presentations and videos over coffee and breakfast. **THE COFFEE HOUSE IS CURRENTLY MEETING AT HOPS 44, 625 MIDDLE TPK, STORRS (THE OLD ZENNY'S RESTAURANT)**
- Veterans that need assistance with their benefits, housing, employment and even learning how to use a computer, can make an appointment to meet with the Windham VA Veteran Representative.
- The Center is run completely by volunteers and donations. We collaborate with our partners to provide experts and care to meet our veterans needs. Our volunteers are incredibly strong advocates for veterans and we work closely with our municipal, state and federal lawmakers to make sure veterans are taken care of.
- If you would like to know more or would like to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.
- We have temporarily closed our facility at 1320 Main Street and are looking for a new home to continue to provide the services and support to our veterans. **WE CONTINUE TO OFFER ALL OF OUR SERVICES! THE CHAMBER OF COMMERCE HAS BEEN GENEROUS ENOUGH TO ALLOW US TO USE THEIR BUILDING AS WE SEARCH FOR SPACE.** Our home needs a large meeting space with plenty of accessible parking. Please call if you have space that you would like to see used to honor our military and their families.

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

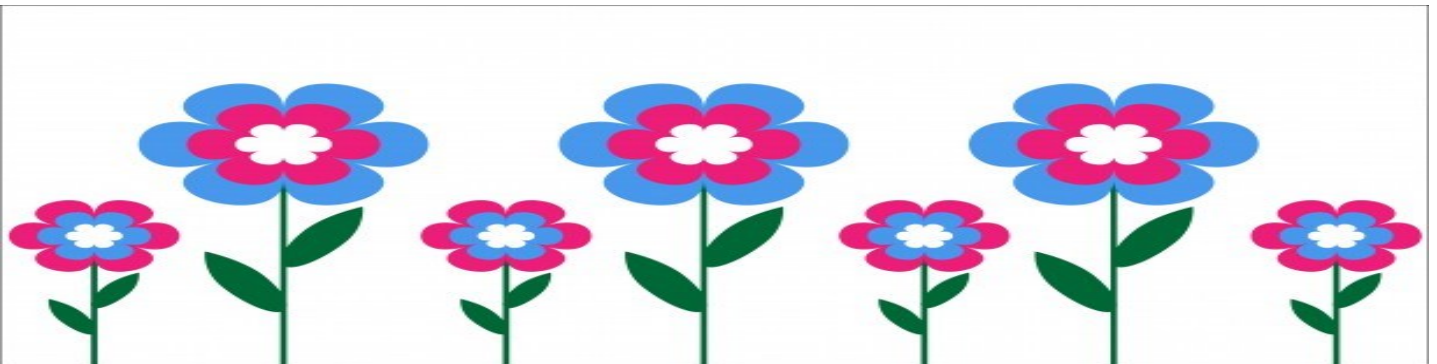
Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, 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



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!



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

HEBRON
farmers & artisans
MARKET

St. Peter's Church Monthly Dinners/ Events

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$14

August 20th—Pulled Pork Dinner

September 17th—Turkey Dinner

October 15th—TBD

November 12th—Roast Pork Dinner

December—TBA

**The
Town
Center
Project**

Presents:

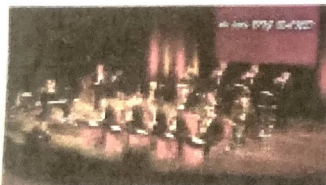
Hebron Summer Concert Series

Join your neighbors and community members on the side lawn of Century 21, 17 Main Street ~
Hebron FRIDAY night's starting July 8th till August 26th at 6:00 pm for live music!!



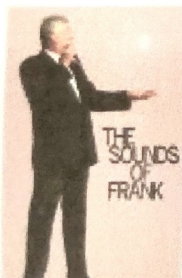
THE MIGHTY SOUL DRIVERS – August 5th

THE MIGHTY SOUL DRIVERS bring the classic soul sounds of Memphis, Muscle Shoals and points south to the hills of New England. This band takes their inspiration from the giants of Southern Soul – O.V. Wright, Percy Sledge, Otis Redding and many more. Join this Soul dance party!!



THE LITTLE BIG BAND – August 19th

THE LITTLE BIG BAND is a dynamic 15-piece swing band playing popular swing and big band music. Including traditional standards, contemporary swing with a little big band music, rock and roll, a bit of blues and a whole lot of rhythm!! Join us for this amazing larger than life swing band in our cozy small town setting. Dust off your dancing shoes!!



THE SOUNDS OF FRANK – TRIBUTE TO FRANK SINATRA – August 26th

We'll be wrapping up our concert series with this live musical tribute to the music of Frank Sinatra. John Copper delivers all the favorite hits that made "old blue eyes a musical icon!! Grab your cheese, grapes and wine; kick off your shoes and sway the night away!

Colebrook Village and Marlborough Health & Rehab Center invite you to

CELEBRATE WORLD SENIOR CITIZEN'S DAY WITH A TRADITIONAL BARBEQUE!



AUGUST 11TH *from* **3:00PM-5:00PM**

Gather with us and share your life stories, your family, your ancestors, your career and your family.

Bring those cherished family photos and leave your "handprint" with us to pay tribute to your life's experience. It is "Your Hands" that built America!




Health & Rehabilitation Center

RSVP to 860-801-1114 by August 8th

SENIOR LIVING

ASSISTED LIVING

MEMORY CARE

55 John E Horton Blvd.
Hebron, Connecticut 06248

860-801-1114
colebrookvillage.com

Colebrook Village
at Hebron

An Everbrook Senior Living Community



REDUCE FALL RISKS & IMPROVE BALANCE



**CT Healthy Living
COLLECTIVE**



The award-winning A Matter of Balance is coming to our Senior Center!

REDUCE FALL RISKS AND IMPROVE BALANCE! A Matter of Balance is an award-winning program designed to help you set goals for increasing activity levels, make small changes to reduce fall risks at home and learn ways to exercise to increase strength and balance.

A Matter of Balance program is coming to the **Russell Mercier Senior Center in Hebron**

DATES OF CLASS: Tuesday & Thursday, August 30—September 22, 2022 (2x/week for 4 weeks)

TIME OF CLASS: 9:00am—11:00am

CLASS DETAILS: The class size is a minimum of 8 people with a maximum of 12 people. This will provide an intimate setting for learning and participation. This is an IN-PERSON class. Masks may be required if the Matter of Balance Instructors require it (TBD). To sign-up please call the senior center at 860-228-1700.

Thanks to a collaboration with The Departments of Psychological Science and Physical Education and Human Performance at Central Connecticut State University, a member of the Age-Friendly University (AFU) Global Network.

Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. A Matter of Balance Lay Leader Model Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



Please join us for upcoming live events!

Registration is free and open to people of all ages and non-members.

Unless otherwise noted, please go to www.AARP.org/CTEvents to see all events & register.

- **CT's Beardsley Zoo Virtual Series Sponsored by AARP CT:** Join Connecticut's Beardsley Zoo virtually on the **third Wednesday of the month at 7PM through October 2022** to learn about wildlife conservation on a local, national, and even global level.

- **Assistive Technology Showcase:**

Assistive technology can help people increase, maintain, or improve their ability to function in any aspect of life. Join AARP Connecticut and the New England Assistive Technology Center at Oak Hill for a series of free, in-person events that will highlight specific types of technology that can help people of all ages live safely and independently at home. These monthly events will also include a tour of the New England Assistive Technology Center's Smart Home on Wheels (SHOW). The SHOW is a mobile demonstration center where individuals and groups can learn more about how technology can support independent living. You can join us for the full series or for any event(s) of interest.

8/22/22 from 12PM-2PM: Automating Your Daily Routines: Alexa Routines and Google Assistant

9/6/22 from 6PM-8PM: Lighting the Path: Home Lighting as Assistive Technology

- **AARP CT Night at the Connecticut Sun:** It's WNBA time! To see the Connecticut Sun take on the Phoenix Mercury.

8/2/22 @ 7PM (ticket pick up before game start) – Mohegan Sun

- **Gatsby in Connecticut: The Untold Story - Documentary Screening & Discussion:** Join AARP and Age-friendly University Central Connecticut State University's Continuing Education Department for a **FREE** screening of the documentary ***Gatsby in Connecticut: The Untold Story***. The filmmaker, **Robert Steven Williams**, will introduce the film and take audience questions after the film. Central Connecticut State University's Continuing Education Department will host this event providing complimentary snacks for registered attendees. Learn more about the film: gatsbyinct.com

8/4/22 @ 6:30 PM – 9:00 PM – Central CT State University

- **Access Health Chats by AARP CT Webinar Wednesdays**

Access Health CT is Connecticut's official health insurance marketplace, where you can shop, compare and enroll in quality healthcare plans. Join us for an event that will feature Access Health CT staff who will help Connecticut residents become familiar with the marketplace, learn about plan options and how to get coverage, and about newly available financial help to lower monthly payments (premiums). Healthy Chats are free, they are informational-only sessions, and no enrollments will be processed. After a virtual Access Health CT Chat, event attendees should be able to: Know what Access Health CT is and how it can help you; Understand the types of coverage options available; Understand the financial impact of the American Rescue Plan for consumers and Access Health CT's current Special Enrollment Period.

8/10/22 @ 7 PM

- **Work Hard. Save Easy: MyCTSAVINGS by AARP CT Webinar Wednesdays**

MyCTSAVINGS is helping Connecticut workers take control of their financial futures. AARP fought for the MyCTSAVINGS program to help hard-working Connecticut residents build a secure future. With MyCTSAVINGS you can easily save for retirement right out of your regular paycheck. If you change jobs, your retirement savings will move with you. In this webinar we will discuss the MyCTSAVINGS program, how it operates, its implementation schedule, and its impact on employees and employers.

8/24/22 @ 7 PM

- **Housing Options for Strong Communities by AARP CT Webinar Wednesdays**

Most older adults want to remain in their own homes and communities as they age, but not all homes are designed to support aging in place. **Join experts from AARP, the RL Mace Universal Design Institute, and DesegregateCT this event for** an introduction to three types of housing and development that can help people of all ages find affordable housing that meets their needs. Join national experts to learn more about Accessory Dwelling Units, Missing Middle Housing, and Transit Oriented Communities: what do these terms mean, where have these housing options been embraced throughout the United States, and why it is important for communities to think about these options.

8/31/22 @ 1 PM

Here's what you can expect and some simple ways to manage energy use and expenses this summer:

- ✓ Hot weather means higher electric bills. That's because you use, on average, about 35% more energy to run fans and air conditioners to keep cool in the summer. Your bill will increase, simply because more energy is being used.
- ✓ This year, inflation and global spikes in the price of natural gas, which is often used to generate electricity, are also driving the cost of energy higher across the country.
- ✓ On July 1, customers who receive energy supply from Eversource (vs. a third party) will see an increase of approximately 2.2% or \$3.96, for an average customer using 700 kWh per month.
- ✓ Cost increases combined with using more energy, means your summer bill will be higher than normal.

Learn more about the components of your electric bill and what you're paying for each month at [Eversource.com/understand-my-bill](https://www.eversource.com/understand-my-bill).

Managing Summer Electric Use and Bills

While it can be tempting to crank up the air conditioner to stay cool, this can cause electric bills to spike. Here are some tools to help you manage your energy use and stay comfortable:

- ✓ See tips and programs to help you use less energy and lower your bill at [Eversource.com/home-savings](https://www.eversource.com/home-savings).
- ✓ Take advantage of our Cooling Calculator to see how small adjustments in your thermostat can make a big impact in lowering your electric bill at [Eversource.com/cooling-calc](https://www.eversource.com/cooling-calc).
- ✓ Use an advanced power strip to avoid phantom loads – when your device is turned off but still plugged in – which can help you save up to \$100 a year. Visit Poweredbyefi.org/eversourceto to get your rebate.

Programs and Payment Options to Help

To find the right option for you, visit [Eversource.com/billhelp](https://www.eversource.com/billhelp) or call us at 800-286-2828.

- ✓ **Budget Billing.** Residential electric and gas customers can pay a fixed monthly amount based on past usage and avoid seasonal spikes in their monthly bill.
- ✓ **New Start.** Residential electric customers can eliminate a balance in as little as 12 months with on-time payments.
- ✓ **The Matching Payment Program.** Residential electric or gas heating customers can reduce a past due balance with affordable monthly payments – as low as \$50 for customers receiving public assistance benefits.
- ✓ Additional financial assistance for qualified customers may be available through **Operation Fuel**. Visit OperationFuel.org/gethelp or call 860-243-2345.
- ✓ **Payment Plans.** Pay a past due balance over a period of time and be protected from service disconnection.

**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.

As of June 18, CDC expanded covid-19 vaccination recommendations to include everyone 6 months of age and older.

No appointment necessary

Primary series as well as booster doses available

- Monday 8/1, 11am - 2pm, Marlborough Elementary School - 25 School Dr - Marlborough In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Thursday 8/4, 11am - 2pm, East Hampton Town Hall - 1 Community Drive - East Hampton In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Tuesday 8/9, 11am - 2pm, Hebron Park and Rec - 148 East Street - Hebron In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Thursday 8/11, 10am - 1pm, East Hampton Public Library - 105 Main St-East Hampton In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Tuesday 8/16, 11am - 2pm, Marlborough Fire Department - 200 West Rd - Marlborough In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Wednesday 8/17, 10am - 1pm, Portland Library - 20 Freestone Ave - Portland In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Tuesday 8/30, 11am - 2pm, East Haddam Town Hall - 1 Plains Rd - Moodus In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Thursday 9/1, 11am - 2pm, East Hampton Town Hall - 1 Community Drive - East Hampton In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+
- Thursday 9/8, 330pm - 630pm, Hebron Park and Rec - 148 East Street - Hebron In partnership with CT DPH/Griffin Health Pfizer 6 mo+, Moderna 6 mo+, JJ 18+



Sudoku

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

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

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

Dessert Recipe

5-ingredient cherry tarts

Ingredients

- 24 Mini Tart Shells
- 1 pound cherries, pitted, halved
- ¼ cup sugar
- 2 tsp cornstarch or all-purpose flour
- ¼ cup whipping or heavy cream
- 1tbs of confectionary sugar
- Extra cherries, to serve

Directions

- Preheat oven 350. Place tart shells on an oven tray and bake for 10 mins or until light golden.
- Meanwhile, combine cherry and sugar in a saucepan. Cook, over medium heat, stirring, for 5 mins or until fruit releases its juices and sugar dissolves. Combine cornstarch (or flour) (2 tsp) and 2 tsp cold water in a bowl. Add to cherry mixture. Cook for 2 mins or until mixture boils and thickens slightly. Remove from heat. Divide evenly between the tart shells. Place in the fridge for 1 hour to chill.
- Use an electric mixer to beat the cream and confectionary sugar in a medium bowl until stiff peaks form. Spoon or pipe cream mixture onto the tarts. Top with extra cherries .



Recipes

Cherry-Chicken Lettuce Wraps

Ingredients

- 3/4 pound boneless skinless chicken breasts, cut into 3/4-inch cubes
- 1 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons olive oil
- 1-1/2 cups shredded carrots
- 1-1/4 cups coarsely chopped pitted fresh sweet cherries
- 4 green onions, chopped
- 1/3 cup coarsely chopped almonds
- 2 tablespoons rice vinegar
- 2 tablespoons reduced-sodium teriyaki sauce
- 1 tablespoon honey
- 8 Bibb or Boston lettuce leaves

Directions

- Sprinkle chicken with ginger, salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add chicken; cook and stir 3-5 minutes or until no longer pink.
- Remove from heat. Stir in carrots, cherries, green onions and almonds. In a small bowl, mix vinegar, teriyaki sauce and honey; stir into chicken mixture. Divide among lettuce leaves; fold lettuce over filling.



Cheater's Skillet Lasagna with Corn and Cherry Tomatoes

Ingredients

- 3 ears of corn on the cob
- 2 tablespoons melted butter
- 1 pound lasagna noodles, roughly broken
- 4 tablespoons extra-virgin olive oil, divided
- 1 pint cherry tomatoes
- Kosher salt and freshly ground black pepper
- 2 large zucchini, peeled into ribbons with a vegetable peeler
- 1 bunch asparagus, peeled into ribbons with a vegetable peeler
- 1/2 cup grated Parmesan cheese
- 1/4 cup capers
- 3 tablespoons chopped fresh basil

Directions

- Heat a large skillet over medium heat. Brush the corn with the melted butter and add to the skillet. Sear until well charred, about 4 minutes per side. Cool slightly, then cut the kernels from the cob.
- Bring a large pot of salted water to a boil and cook the lasagna noodles until al dente, 7 to 9 minutes.
- Drain the noodles and toss with 2 tablespoons of the olive oil. Heat the remaining olive oil in the same skillet you used to cook the corn.
- Add the tomatoes to the skillet; season with salt and pepper. Cook until the tomatoes are blistered, 6 to 7 minutes. Add the zucchini and asparagus; cook until tender, about 4 minutes.
- Add the noodles and corn to the skillet; toss to combine. Add the Parmesan, capers and basil; toss to combine. Serve immediately.



Baseball

Find and circle all of the Baseball words that are hidden in the grid. The remaining letters spell a secret message - a Humphrey Bogart quotation.

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

APPEAL
BALK
BASE
BATTER
BUNT
CATCH
COACH
DEAD BALL
DEFENSE
DOUBLE HEADER
DUGOUT
FAIR BALL

FAIR TERRITORY
FLY BALL
FORCE PLAY
FORFEITED GAME
FOUL BALL
FOUL TERRITORY
FOUL TIP
GROUND BALL
IN FLIGHT
INFIELD FLY
INFIELDER
INNING

INTERFERENCE
LEAGUE
LINE DRIVE
LIVE BALL
MOUND
OBSTRUCTION
OFFENSE
OUTFIELDER
OVERSLIDE
PENALTY
PITCHER
PIVOT FOOT

RETOUCH
RUN DOWN
RUNNER
SCOREBOARD
SHORTSTOP
STRIKE
TAG
THROW
TIE GAME
TRIPLE PLAY
UMPIRE
WILD PITCH