

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

seniorcenter@hebronct.com

SENIOR CENTER CLOSED ON MONDAY & TUESDAY DECEMBER 26TH & 27 AND ON MONDAY, JANUARY 2ND

Senior Center Holiday Party—featuring the RHAM Middle School Chorus

Wednesday, December 14th please join us for our holiday party featuring the RHAM Middle School Chorus. Wear your favorite holiday ugly sweater (we'll vote for the best ugly sweater) or Festivus outfit. The menu will be; Orange juice, Maple Glazed Spiral Ham, Twice Baked Potatoes, Seasoned Brussel Sprouts, Garlic Knot. Doors open at 11:00am, RHAM MS Chorus sings at 11:30am, lunch served after singing. Cost for lunch is \$3. Although you do not need to stay for lunch to enjoy the chorus, we do hope you will. Please sign-up by Monday, December 12th for lunch, by calling 860-228-1700.

RHAM High School Holiday Concert and Cookie and Candy Contest

On Wednesday, December 21st the RHAM High School Chorus will be coming to give us a holiday concert at 10:45 am. Accompanying the concert we will be having a Holiday Cookie and Candy contest, so put on your baking hats. You will bring in your treats (bring smaller sizes so they can be sampled by all in attendance) and then people will vote for their favorites in each category. After the concert we will reveal the winners. Doors open at 10:15am, sampling to begin during this time, vote for your favorite and then enjoy the high school chorus. Deadline to sign-up for the Cookie Contest is Monday, December 19th. If you'd like, you can also stay for lunch at Noon (\$3 for lunch). The menu will be; Potato Crumb Fish, Crinkle Cut Potatoes, Prince Edward Blend Veggies, 12 Grain Bread, Fresh Fruit, To sign-up for the cookie contest, chorus, lunch or all 3, please call 860-228-1700

RHAM Bingo

Join us for Bingo on the 3rd Wednesday of each month beginning Wednesday, December 21st 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.

Sunshine Singers Holiday Concert and Lunch Take 2

On Thursday, December 22nd our very own Sunshine Singers will perform holiday favorites along with other popular songs you know. Doors open at 11:00am and the Sunshine Singers will perform at 11:15, followed by lunch at Noon. The menu will be; Orange Juice, Merlot Beef Tips, w/ Mushroom Onion Gravy, Parslied Egg Noodles, Grilled Asparagus, Wheat Dinner Roll. Cost for lunch is \$3 and registration deadline is Wednesday the 21st at 10:00am.

Deadline is approaching for Open Enrollment

Medicare Annual Open Enrollment ONLY Until December 7th Detailed Info Page 8 & 9

Medicare's open enrollment period is now open through December 7. If interested in evaluating your options for Medicare health and drug coverage for 2022, please contact the Senior Center at 860-228-1700 to set up an appointment.

Appointments available ONLY until December 10 & 11.

Energy Assistance Winter Heating Program Detailed info on page 10

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 860-228-1700.



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, January 4, 2023 - 8:30am Virtual

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.

Food Bank and Mobile Food Truck Schedule

Food Bank Phone Number 860-228-1681

Hebron Interfaith Human Services, the home of the Hebron Food Pantry

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

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

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

Upcoming Mobile produce van dates for 2022: Dec 6, 20

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

Transportation to the Food Bank

If a ride to the Food Bank is needed, please call to schedule, 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.

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

DETAILED INFORMATION ABOUT MEALS ON WHEELS ON PAGE 7



Programs and Activities

Movie Monday—2 Movies in December

Monday, December 5th - 12:45 — Where the Crawdads Sing - A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon (Swedish Meatballs / Gravy Parslied Egg Noodles, Green Beans, Rye Bread). To sign-up for the movie OR lunch and a movie call 860-228-1700.



2nd Movie in December

Monday, December 19th 12:45—Downton Abbey: A New Era - The Crawley family goes on a grand journey to the South of France to uncover the mystery of the Dowager Countess's newly inherited villa. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon (Fruit Punch, Cheese Manicotti w/ Basil Garlic Marinara Sae, Spinach, Garlic Knot). To sign-up for the movie OR lunch and a movie call 860-228-1700.



Programs and Activities—starts on bottom of page 2

Fun with Stitches Open Quilting Group

Calling all quilters.... In January, it will be the 1st and 3rd Friday of the month 10:15—12:15 (January 6th and 20th), from 10:15am-12:15pm this will be an open time to come work on your quilting projects or join together to work on something new. Please bring your supplies and we provide the space for quilting and comradery. We do ask for you to pre-register, so we know how many people to prepare for, 860-228-1700.

Created To Create Open Arts Group

Calling all arts enthusiasts, of any and all kinds, who would like to gather together to work on their projects, share ideas, and share creative energies. **Starting On Friday, December 16th from 10:15am-12:15pm** this will be an open time to come work on your art projects or join together to work on something new. Please bring your supplies and we provide the space for creating and comradery. Then beginning in January, it will be the 2nd and 4th Friday of the month 10:15—12:15 (January 13th and 27th). We do ask for you to pre-register, so we know how many people to prepare for, 860-228-1700.

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—Mondays

Yoga will be Mondays 10:15-11:15am Taught by Maureen O'Brien, **This session runs through December 19th. The next new session will begin Tuesday, January 9th.** 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.

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.

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.

Mindful Meditation

In December we will only meet one time and on a different day. It will be Monday, December 12th from 10:15-11:15. In January it will be Wednesday, January 4th and 18th. 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 16 years. To register call 860-228-1700.

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). To reserve a time please call 860-228-1700.

Programs and Activities

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 12:45—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.

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. 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.

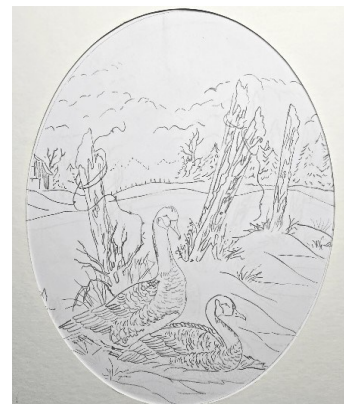
Shopping Trips

There will be a trip to **Walmart** to North Windham on **Friday, December 2nd, and 23rd at 10:00am.** We will be going to **Big Y** Friday, December 9th. **Stop and Shop** on **Friday, December 16th.** Pre- registration is required by Thursday at 10am. Please call 860-228-1700.

UPCOMING EVENTS

Watercolor Painting/Pen and Ink with Audrey Carrol

Friday, January 27th and February 3rd from 12:15—2:15pm for \$20. This session gets us in the mood for the Holidays with the painting fit for the season. This one also can be done in full watercolor or pen and ink with a watercolor wash. All levels beginner to experienced painters will be able to create a special work of art. Please join in for a relaxing and fun time. To sign-up for the class, please call 860-228-1700. Supply list available before the class.



Technology Assistance

Beginning **Tuesday, January 10th** (2nd Tuesday of the month) from 10:00am—11:30am if you need assistance with any of your devices (smartphones, IPADS, laptop computers) you can come in and Mandy will do her best to answer your questions and assist you. Pre-registration is preferred, 860-228-1700.

Lunch and Learn—sponsored by Marlborough Health Center

January 11, 2023 Noon—Mark your calendars to join us for a lunch and learn. The topic will be on fall prevention which will be lead by the physical therapist from Marlborough Health Care. Lunch will be turkey or tuna on a hard roll with lettuce and tomato, chips, bottled water and a cookie. You must pre-register and give us your sandwich choice by Monday, January 9th by 2:00pm, 860-228-1700. The make-up date in case of bad weather will be Wednesday, January 18th.

Bus Trip—LUNCH to Roberto's Log Cabin in Lebanon

Friday, January 20th leaving at Noon. Since 1933 Nestled in the woods of Lebanon, CT, Roberto's Log Cabin is The Cozy, Rustic Home of Comfort Food™. Family owned and operated, The 'Cabin as it is fondly known offers a diverse Menu of hearty fare—from Burgers, "the Best Ribs in the State" and a wide range of Entrées to Tacos, Healthy Choices and Pizza—including Gluten-friendly Pizza and other dishes. Cost is \$5 for transportation and lunch is on your own. To register call 860-228-1700.

AARP Driver Course—IN-PERSON at the Senior Center

Tuesday, January 24th 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 Monday, November 14th 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. Please note, coffee will be available in the morning, but no food is served, so if you may need something to nosh on, please feel free to bring it with you.

UPCOMING EVENTS

RHAM Bingo

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, January 18th 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.

COVID-19 & Flu Vaccination Events

Monday 12/5, 12noon - 2pm, Portland Library- 20 Freestone Ave - Portland Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available.

Please bring CDC Vaccine 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

*******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.



Eastern CT Veterans Community Center




WHO WE ARE.....

- Every Wednesday 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. Windham Regional Veterans Coffeehouse **EVERY WEDNESDAY, 9-11 AM NEW LOCATION 47 Crescent St. Willimantic CT**
- Variety of speakers, announcements, updates and camaraderie... plus coffee & donuts. Veterans of any age or branch of our Armed Forces are welcome to join us!
- 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.

Hebron Senior Center Happenings..... December 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
			December 1 9:00–3:00 Exer. Rm 9:00-3:00—Chair Massage—NEW \$25 for 25min 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO	2 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping Noon—2:00pm—Watercolors with Audrey
5 9:00–3:00 Exer. Rm 10:15–11:15—Yoga—last class of this session 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50–12:30—Lunch 12:45—Movie Where the Crawdads Sing	6 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—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	7 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30-3:30 Bus Trip—Lunch at Griswold Inn in Essex 11:50–12:30—Lunch	8 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 10:00—Shopping—Big Y 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	9 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping 10:15–12:15—Fun with Stiches Quilting Group
12 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	13 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10:00-4:30—Bus Trip—Aqua Turf 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	14 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00–1:00—HOLIDAY PARTY with RHAM MS CHORUS	15 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	16 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Stop and Shop 10:15–12:15– Created to Create Open Arts Group
19 (Hanukkah starts on Sunday the 18th) 9:00–3:00 Exer. Rm 10:15–11:15—Yoga 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50–12:30—Lunch 12:45—Movie Downton Abbey—New Era	20 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—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	21 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Noon—Cookie & Candy Contest with RHAM HS Chorus 12:00—Lunch 2:30-4:00—RHAM Bingo	22 9:00–3:00 Exer. Rm 10:10–11:00—Sunshine Singers 11:00–12:45 Sunshine Singers Holiday Concert/ lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	23 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping
26 CLOSED Christmas Observed	27 CLOSED Christmas Observed	28 No in-house programs—only transportation available Regular Programming returns Tuesday, January 3rd	29 No in-house programs—only transportation available Regular Programming returns Tuesday, January 3rd	30 No in-house programs—only transportation available Regular Programming returns Tuesday, January 3rd SENIOR CENTER CLOSED MONDAY, JANUARY 2ND

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
N o v 2 8	Grape Juice Pierogies w/ Onion/Pepper Kielbasa w/ Mustard Capri Blend Whole Grain White Bread Jello Cup	N o v 2 9	Pineapple Sweet n Sour Chicken Vegetable Fried Rice Asian Vegetable Blend 100% Wh Wheat Bread Fresh Fruit	N o v 3 0	Salisbury Steak Onion & Mushroom Gra- vy Sweet Mashed potatoes Buttery Corn Dinner Roll Fresh Fruit	D e c 1	BBQ Pork Sweet Potato Fries Spinach 100 % Whole Wheat Bread Fresh Fruit
5	Swedish Meatballs / Gra- vy Parslied Egg Noodles Green Beans Rye Bread Fresh Fruit	6	Orange Juice Lasagna w/ Creamy To- mato Sauce Steamed Broccoli Gar- lic Stick Pudding Cup	7	Chicken Pot Pie w/ Boiled Potatoes Glazed Carrots Dinner Roll Fresh Fruit	8	Fruit Punch Apricot Glazed Kiel- basa White Rice California Blend Vegs Wheat Bread Jello Cup
1 2	Grape Juice BBQ Grilled Chicken Breast Tater Tots Capri Blend Vegetables Rye Bread Jello Cup	1 3	Country Fried Steak Garlic Mashed Potatoes Seasoned Corn 100 % Wh Wheat Bread Fresh Fruit	1 4	Holiday Meal – RHAM MS Chorus Singing – Doors open 11am Orange Juice Maple Glazed Spiral Ham Twice Baked Potatoes Seasoned Brussel Sprouts Garlic Knot Frosted Carrot Cake	1 5	Apple Juice American Chop Suey Peas Dinner Roll Fresh Fruit
1 9	Fruit Punch 100 % Juice Cheese Manicotti w/ Bas- il Garlic Marinara Sce Spinach Garlic Knot Wholegrain Fruit Oat- meal Bar	2 0	Baked Chicken w/ Gravy Mashed Potatoes Buttered Corn Biscuit Fruited Yogurt Cup	2 1	RHAM HS Chorus singing at 10:45am Potato Crumb Fish Crinkle Cut Potatoes Ketchup / Tartar Sauce Prince Edward Blend Veggies 12 Grain Bread Fresh Fruit	2 2	Holiday Meal Take 2 – Doors open 11am Sunshine Singers at 11:15am Orange Juice Merlot Beef Tips w/ Mushroom Onion Gravy Parslied Egg Noodles Grilled Asparagus Wheat Dinner Roll Cookie
2 6	Closed In Observance of the Holidays Seasons' Greetings !	2 7	Closed In Observance of the Holidays Seasons' Greetings !	2 8	No Meals	2 9	No Meals



Meals on Wheels—Home Delivered Meals **“A service you or someone you know may benefit from”**

If you are 60+ years or older and unable to make it to the Senior Center for lunch due to health issues, mobility restrictions, or other factors that prevent you from coming here in person (even if it's temporary due to a surgery or other reason), you can sign up to have meals delivered to your home Monday—Friday between 11:15am—12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack) and, if desired, a cold supper can also be added. Weekend meals can also be added which are delivered cold on Friday to be reheated over the weekend. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Besides the general information form we fill out, you will need a diet order from your physician and that's it to get started. The diet order can specify meals to be modified (if needed) to accommodate allergies, low sugar (diabetic issues), low sodium, and also modified consistency including cut up or ground. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days. Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals **please contact us at 860-228-1700** and ask to speak with someone about Meals on Wheels.

What's Happening In Our Community

***Night #1 Postponed to Sunday, December 4th

Hebron Santa Run - Night #1 - 11/30 Amston Lake & Southern Neighborhoods 5:00PM - 8:30PM

BEGIN @ Clubhouse on Wood Acres

- Deepwood toward Bass Lake
- Left up Bass Lake
- Right down St. Ronan
- Left up Woodside
- Right down Rondaly
- Left up Oakland
- Right down Jackman
- Left on Turner
- Right on Elsmere
- Amston Lake Beach
- Lake Road
- Left on Church Street
- Right on Hawks Landing (down to cul-de-sac)
- Sawmill Way (down to cul-de-sac)
- Church Street to 207 to Millstream
- Up Highland Dr
- Intersection Highland & Mint Brook



Look for this marker around town. This denotes a "Santa Stop" where the caravan will pause for families to meet Santa!



Route Ver 1.0
Subject to Change

Hebron Santa Run - Night #2 Amston and Central Neighborhoods 5:00PM - 8:30PM on 12/1

BEGIN @ Judd Brook Cul-de-Sac

- Wellington Way to Niles
- Old Colchester to Pepperbush Dr
- INT Pepperbush Dr & Heron Hill
- Old Colchester to Grayville Rd
- Alice Ln Cul-de-Sac
- Reidy Hill Rd to Northam Rd
- Mohegan Lane (to cul-de-sac)
- Uncas Drive to Attawanhood
- INT Uncas & Attawanhood
- North to Old Colchester
- Griswold Lane (cul-de-sac)
- Left on Settlement Rd
- Cannon to Slicer to Hope Valley
- Left on Hope Valley
- Coates Farm Rd (to cul-de-sac)
- Hope Valley to Brennan
- Church St to Kinney St



- Millstream to Wellswood
- Up Wellswood to Village Ln
- Village Ln (to cul-de-sac)
- Wellswood to Millstream Back to Firehouse



Designated Santa Stop to meet Santa!

Route Ver 1.0
Subject to Change

Hebron Santa Run - Night #3 Central Neighborhoods & Gilead 5:00PM - 9:00PM on 12/2

BEGIN @ INT Congress & Senate Brook

- Jones St to Burrows Hill To Smith Farm
- Smith Farm Cul-De-Sac
- West Main to Country Lane
- INT Country Ln & Cedar Ridge
- Cedar Ridge to Wildflower
- INT Wildflower and Deer Meadow
- Cruise up Main Street toward Loveland
- Loveland to Barber's Way
- Barber's Way around the loop
- Buttonwood around the loop
- Loveland to Wall St, Left onto Wall St
- RHAM Rd to Town Hall
- Town Hall Gazebo
- Left on Gilead St
- Left on Slocum Rd cont. to Blackman
- Right on Jennifer Dr
- West Main Street to Stonehouse
- Stonehouse, Right on Papermill to Buck
- INT Buck Rd & Old Slocum
- Old Slocum on to Porter
- Gilead St on to East St
- Burnt Hill Park Soccer Parking
- Old Andover Rd to Scarboro
- INT Scarboro & Indian Field
- Left on Burnt Hill Rd
- Left to Hayfield Ln (cul-de-sac)
- Right on Wall St
- Left on Fox Ridge Ln (to cul-de-sac)
- Left on Wall St
- Skinner Lane
- Left on Basketshop
- END on Kristem Ln



This marks a Santa Stop

Route Ver 1.0
Subject to Change

Hebron Santa Run - Night #4 Gilead 5:00PM - 9:30PM on 12/3

BEGIN @ Library for Town Tree Lighting

- Left on Hearthstone (to cul-de-sac)
- Left on Martin, Right on Olde Hall Rd
- Left on West Branch Dr
- Left on Tannery Hill Ln
- Right on Joel Dr
- Complete Joel Dr loop
- INT Joel & Charles Ln
- Right on Brian Dr
- Left on Karen Circle (to cul-de-sac)
- Right on Brian to Charles
- Right on Charles to West St
- Left on West St
- West Street to Karlswood
- Karlswood (to cul-de-sac)
- Right on West St (to end)
- Martin to Winthrop (cul-de-sac)
- West St back to Route 94
- 94 to North St
- North St to London Rd, Right on London
- Right on Jan
- Far INT Jan & Carolyn
- Right on Brighton
- Right on Yorkshire
- Across to Elizabeth Dr
- Left on Walnut
- INT Hickory & Oak
- Oak Back to Daly, Left on Daly
- Right on East St
- Right on Jagger
- Bissell Ridge (cul-de-sac)
- Left on Hardy
- Left on Gilead St
- Right on Warner Pond
- END at Gilead Landing (to cul-de-sac and over to other cul-de-sac)



Denotes Santa Stop to meet Santa

Route Ver 1.0
Subject to Change

St. Peter's Church

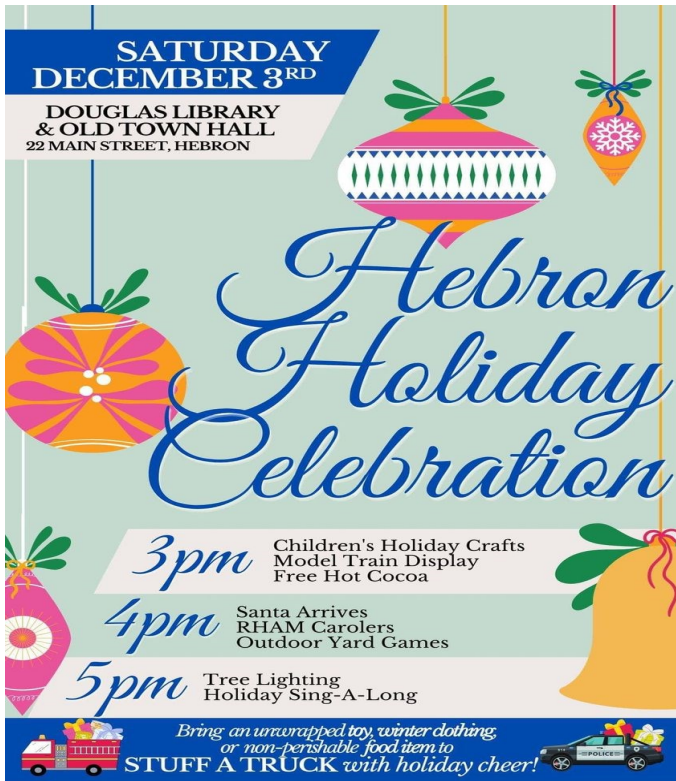
30 Church St. (Rte. 85) **Saturday, December 3rd 9:00am –3:00pm**

We will hold our annual St. Nicholas Fair on Saturday, December 3rd from 9-3. Holiday shoppers will be treated to a "Country Store" with homemade jams, jellies, breads, pies, other baked goods, and holiday treats. There will be a classic Christmas treasures tag sale, jewelry sale, homemade craft items, Rada Cutlery, and vendors. Greened cemetery boxes as well as greened centerpieces will be available for purchase. Santa may be visiting and available for pictures with you and your children.

Enjoy a tasty luncheon featuring homemade chowders, hot dogs, and freshly made sandwiches, Hot coffee, cocoa, cold drinks and other treats will be served.

And finally, the holiday basket drawings! Shoppers will be able to select from over 30 holiday and non-holiday themed baskets, all suitable for gift giving, and tickets are only a dollar each!!

What's Happening In Our Community



Artisan and Crafts Sale

Marlborough Arts Center will hold an Artisan and Crafts Sale through Dec. 18 at the center, located at 231 N. Main St. Featured will be local creations, all under \$100, made by artists in the surrounding communities. These will include handmade gifts such as pottery, paintings, sculptures and other forms of art. The Arts Center will be open every Friday, Saturday and Sunday, from 1-4 p.m.

Free CPR Classes

The Hebron Fire Department (44 Main St) is offering free AHA Heartsaver CPR classes for those who live or work in Hebron. Adult Child, Infant CPR & choking emergencies are covered. The classes begin at 6 p.m. and will be offered Jan. 18, Feb. 15, March 15 or April 19. Call Donna at 860-228-3022 ext. 162 to reserve your seat. Classes are first-come, first-

Transfer Station Winter Hours

Winter hours for the town transfer station are in effect, and they are: Tuesday, Thursday, Saturday: 7:30 a.m.-4 p.m.; and Sunday: 7:30 a.m.-2 p.m. For more infor-

HEBRON HOLIDAY CRAFT FAIR

Admission fee being donated to Hebron Interfaith Food Pantry

Saturday, December 10th 9am-3:30pm

Join us for a day of holiday cheer. Shop among the 75+ artisans/crafters with quality handmade goods, enjoy breakfast and lunch treats. Admission is \$1 per person to be donated to the Hebron Interfaith Food Pantry.

Admission: \$1

Hours: Sat 9am-3:30pm

Number of Exhibitors: 75+

Address: 92 Church Street, Hebron, CT 06248



Hebron Lions Lights in Motion

CTs Newest Christmas Light Drive Thru featuring 1 Mile of 1 Million Synchronized LED Christmas Lights all to support Children's Charities. At the Hebron Fairgrounds. \$40 Per Vehicle includes all legally seated occupants. Purchase tickets at the gate or online

www.lionslightsinmotion.org/admission-hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2022 Hebron Lions Lights In Motion			Nov 24 Thanksgiving	Nov 25	Nov 26	Nov 27
			5-8 PM	5-9 PM	5-9 PM	5-8 PM
Nov 28	Nov 29	Nov 30	Dec 1	Dec 2	Dec 3	Dec 4 Santa's List Day
Closed	Closed	Closed	5-8 PM	5-9 PM	5-9 PM	5-8 PM
Dec 5	Dec 6	Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Closed	Closed	Closed	5-8 PM	5-9 PM	5-9 PM	5-8 PM
Dec 12	Dec 13	Dec 14	Dec 15	Dec 16	Dec 17 Ugly Sweater Day	Dec 18 Hanukkah Begins
Closed	Closed	Closed	5-9 PM	5-9 PM	5-9 PM	5-8 PM
Dec 19	Dec 20	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25 Christmas
5-8 PM	5-8 PM	5-8 PM	5-9 PM	5-9 PM	5-9 PM	5-8 PM
Dec 26 Hanukkah Ends	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	Jan 1 New Years Day
Closed	Closed	Closed	5-9 PM	5-9 PM	5-9 PM	5-8 PM

2022-2023 CT Energy Assistance Program (CEAP)

Please note the eligibility criteria for the upcoming heating assistance program and the changes in award amounts

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for eligible residents. Please contact the Senior Center at 860-228-1700 to make an appointment to apply starting October 17.

Federal Poverty Guidelines 2022-2023

Level	1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
1	\$16,987.50	\$23,237.50	\$28,787.50	\$34,687.50	\$40,587.50	\$46,487.50	\$52,387.50	\$58,287.50
2	\$27,180	\$37,180	\$46,060	\$55,500	\$64,940	\$74,380	\$83,820	\$93,260
3	\$39,791	\$51,996	\$64,230	\$76,465	\$88,669	\$100,933	\$103,227	\$105,521

Basic Benefit

Level	Poverty Guideline	Vulnerable Household 60+, disabled, or under 6	Non-Vulnerable House- hold
1	At or below 125% Federal Poverty Level	\$600	\$550
2	126% - 200% Federal Poverty Level	\$450	\$400
3	201% Federal Poverty Level – 60% State Median Income	\$300	\$250

Medicare Open Enrollment is Approaching Choosing Between Original Medicare and Medicare Advantage

People with Medicare can get their health coverage through either Original Medicare or a Medicare Advantage Plan. Here is a look at the differences between the two options.

If you sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan, or vice versa, be aware that there are certain enrollment periods when you are allowed to make these changes. One of the enrollment periods that allows you to look at all of your options and join, switch, or drop a plan, is the Medicare Open Enrollment Period from October 15 – December 15 each year with your new coverage beginning on January 1.

Original Medicare

The traditional Medicare program offered directly through the federal government.

Medicare Advantage

Private plans that contract with the federal government to provide Medicare benefits.

Open enrollment appointments available through December 7th.

Five things to know about Fall Medicare Open Enrollment

Open Enrollment, occurring **between October 15 and December 7**, is the time of year when you can make changes to your Medicare coverage, including your Prescription Drug coverage.

Listed below are five things to keep in mind while you are choosing your Medicare coverage options.

1. Fall Open Enrollment occurs each year from October 15 through December 7.

- Any change you make during Fall Open Enrollment will take effect January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Prescription Drug Plan or a Medicare Advantage Plan
- If you currently have a Medicare Advantage Plan, you can also switch to Original Medicare. To get drug coverage, you should also join a Medicare Prescription Drug Plan.
- It is important to remember that you can change Medicare Supplement Plans, also known as Medigap Plans, at any time, not just during Medicare Open Enrollment.

2. Review your current Medicare health and drug coverage.

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year.
- If you have a Medicare Advantage Plan or a Medicare Prescription Drug Plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year.
- Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that many people can lower their costs by shopping among plans each year. There could be another plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

3. Help is out there.

- **The Senior Center provides no cost, unbiased assistance in reviewing your options. We can help you understand your Medicare coverage choices and navigate any changes, 860-228-1700.**
- If you feel comfortable, you can use Medicare's Plan Finder Tool at www.medicare.gov
- The Plan Finder tool compares plans based on the drugs you need, the pharmacy you visit, and your drug costs. You can review your options for both Medicare Prescription Drug Plans and for Medicare Advantage Plans
- If you research a Medicare Advantage Plan online, also call the plan itself to confirm what you have learned. Make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network. Write down everything about your conversation, including the date, the representative you spoke to, and any outcomes or next steps. This information may help protect you in case a plan representative gives you misinformation.

4. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP).

- The [MA OEP](#) occurs each year from January 1 through March 31, with changes taking effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with a Medicare Prescription Drug Plan;

5. Understand the difference between Fall Open Enrollment and Open Enrollment for the state or federal Marketplaces.

- The Federal Marketplace available as part of the Affordable Care Act (also known as Exchanges) offer annual open enrollment periods for uninsured and underinsured Americans. This enrollment period may overlap with Fall Open Enrollment. The Marketplaces are typically not meant for people with or eligible for Medicare.
- If you have or are eligible for Medicare, you should only use the Fall Open Enrollment Period (October 15 through December 7) to make changes to your Medicare coverage.

**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

Sudoku

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

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

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

Dessert Recipes

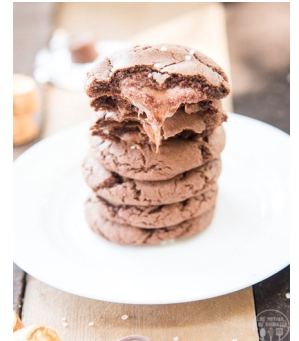
Rolo Cookies with Sea Salt

Ingredients

- 24-28 rolos
- 1 box devil's food cake mix
- 2 eggs
- 1/3 cup vegetable oil (or canola or coconut)
- coarse sea salt

Directions

- Preheat your oven to 350 degrees.
- Unwrap all your rolos and set them aside in a small bowl, try not to eat any
- In a medium sized bowl combine your cake mix, eggs and vegetable oil and stir together to make a thick cookie batter.
- Take a small bit of dough and flatten it in your hand and put 1 rolo in the middle. Fold the dough around the rolo and roll into a ball.
- Place 12 cookies on a cookie sheet lined with parchment paper or a silicone liner.
- Bake cookies for about 10 minutes, till the tops start to split and they look done.
- Remove from oven and slightly flatten the tops of your cookies with your hand and sprinkle each cookie with just a little sea salt.



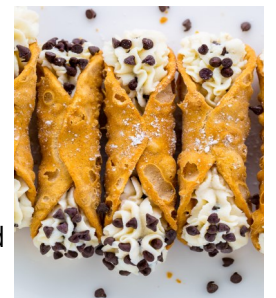
5-Ingredient Cannoli's

Ingredients

- 8 cannoli shells, homemade or store bought will work
- 2 cups ricotta cheese
- 1 cup confectioners' sugar, plus extra for dusting
- 3/4 cup mini chocolate chips, divided
- 1 and 1/2 teaspoons pure vanilla extract

Directions

- Place the ricotta cheese into a fine mesh strainer and place it in the fridge to drain for at least 12 hours and up to 24 hours. Very important step or else filling can be grainy
- When you're ready to make the filling:
- In a large bowl combine the drained ricotta cheese, confectioners' sugar, 1/4 cup of the mini chocolate chips, vanilla extract, and orange zest (if using); mix well. Using a spatula, carefully scrape the mixture into pastry bag fitted with a 1/2 inch open tip. Use at once, or refrigerate until needed; filling can be made up to 24 hours in advance.
- When ready to serve, pipe the filling into one end of cannoli shell, filling shell halfway, then pipe into other end. If you don't have a piping bag, you may spoon the filling into the shells. Repeat with remaining shells.
- Place remaining mini chocolate chips on a small plate. Dip each end of the cannoli into the chocolate chips, then lightly dust with confectioner's sugar. Serve at once.



Recipes

Pierogi Quesadillas

Ingredients

- 1 package (24 ounces) refrigerated sour cream and chive mashed potatoes
- Butter-flavored cooking spray
- 8 flour tortillas (8 inches)
- 1 cup chopped fully cooked ham
- 1/2 cup shredded cheddar cheese

Directions

- Heat mashed potatoes according to package directions.
- Spritz cooking spray over one side of each tortilla. Place half of the tortillas on a griddle, greased side down. Spread with mashed potatoes; top with ham, cheese and remaining tortillas, greased side up. Cook over medium heat until golden brown and cheese is melted, 2-3 minutes on each side.



5-Ingredient Lemon Yogurt Marinated Grilled Chicken Breasts

Ingredients

- Juice of 1/2 large lemon
- 1 tablespoon olive oil
- 1/2 cup plain Greek yogurt
- 1 1/4 teaspoons Mediterranean spiced sea salt (*or your own homemade blend -- see notes)
- 1 1/4 pounds chicken breasts (about 5 - small 4 oz chicken breasts)

Directions

- In a bowl, combine the lemon juice, olive oil, yogurt and Mediterranean spiced sea salt and stir. Add the chicken breasts and stir so that the chicken is covered in the marinade. Place in the refrigerator for 20 minutes (or up to an hour).
- Preheat grill to medium high and lightly oil the grate.
- Shake off extra marinade on the chicken and place on grill, cooking 6-8 minutes per side, until juices run clear and chicken is no longer pink. Season with black pepper and salt, to taste. Discard the excess marinade.
- Serve with salad, potatoes or anything of your choice!



Air-Fryer Brussels Sprouts

Ingredients

- 4 slices center-cut bacon
- 2 1/2 pounds Brussels sprouts, trimmed and halved lengthwise
- 1 large red onion, roughly chopped
- 1 tablespoon extra-virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 tablespoons fresh lemon juice
- 2 teaspoons fresh thyme leaves

Directions

- Place bacon in a single layer in the basket of an air fryer. Air-fry at 400 degrees F until the bacon is crisp, about 14 minutes, flipping once halfway through. Transfer to a paper-towel-lined plate.
- Toss Brussels sprouts, onion, oil, salt and pepper in a large bowl. Place about half of the Brussels sprouts mixture in a single layer in the air fryer basket. Air-fry at 375 degrees F until browned and crispy, 14 to 16 minutes, flipping once halfway through. Transfer to a serving platter. Repeat with the remaining Brussels sprouts mixture. Drizzle with lemon juice; sprinkle with thyme. Crumble the cooked bacon over the top.



Christmas Gift Ideas

Find and circle all of the words that are hidden in the grid. The remaining 13 letters spell an additional Christmas gift idea.

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

BAKING
BELT
BOOK
BRACELET
CANDLES
CANDY
CHOCOLATES
CLOTHES
COFFEE MAKER
COFFEE MUG
COLOGNE

COOKIES
DOLL
EARRINGS
ELECTRONICS
FLOWERS
GAME
GIFT BASKET
GIFT CARD
HERBAL TEAS
JEWELRY
MONEY

MOVIE
MUSIC
NECKLACE
NECKTIE
PANTS
PENDANT
PERFUME
PLANT
SCARF
SHIRT
SLIPPERS

SNEAKERS
SOCKS
STUFFED ANIMAL
SWEATER
TELEVISION
TOOL SET
TOY
TREE ORNAMENT
WATCH
WINE