

2023

Hebron

Senior Center Newsletter

February

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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Tammy Scherp	x 201	Transportation Coordinator	

GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com

*****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.



SENIOR CENTER CLOSED MONDAY, FEBRUARY 20TH for PRESIDENTS DAY

WELCOME OUR NEW SOCIAL WORKER

Please welcome Michele Boutin, the new Social Worker for the Russell Mercier Senior Center. Michele is a graduate of the University of Saint Joseph in West Hartford. She currently is pursuing a master's degree in social work at the University of Saint Joseph. Michele is passionate about helping people locate services that can help make life easier. She is looking forward to working with and meeting the community of Hebron and to being an asset to the Senior Center. Please stop in and say hello.



Heart Health Stroke Prevention Presentation

Monday, February 6th from 1:00-2:00pm join Chatham Health as they present Heart Health Stroke Prevention along with getting your blood pressure taken. Come join us for lunch at Noon before hand (suggested donation \$3). The presentation is free. To sign-up for the presentation and/or lunch please call 860-228-1700.



Bus Trip to Chowder Pot of Hartford

Wednesday, February 8th – Leave the Senior Center at 11:15am (please let us know if you need to be picked up) for lunch at the Chowder Pot before they close their doors for good. Space is limited so please sign-up early. Transportation cost is \$5 per person and lunch cost is on your own. To sign-up call 860-228-1700.

RHAM Bingo

Join us for Bingo on the 3rd Wednesday of each month beginning Wednesday, February 15th 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.

AARP Tax Preparation for 2022 Taxes

Tuesdays, February 7—March 28th from 9:00am—2:00pm. Tax preparation is free through the AARP sponsored tax aide program using volunteers who make the program work. To sign-up call 860-228-1700.

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cathy Litwin, Dianne Welch, Sandy Waldo, and Angela Corentin

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

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, February 1, 2023 - 8:30am at the 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.

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.

To talk to us about any of our services please call 860-228-1681.

HIHS is located at: 26 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka

Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation

Tuesday, February 14th & 28th— Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 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. Must sign-up by 10:am Monday the day before, 860-228-1700.

Food Bank Transportation

Tuesday, February 7th and February 21st – transportation to the food bank every other Tuesday beginning February 7th. Pick-ups to begin between 10:30 – 10:45 based on who is signed up. Must pre-register by 10:00am the day before, 860-228-1700.

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 8

Energy Assistance Winter Heating Program (Detailed info on page 7)

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.

Transportation

Through the Russell Mercier Senior Center, transportation is coordinated for senior and adult disabled individuals via two handicapped accessible vans and a town-owned car for medical care, social trips, shopping, banking, or other needs. Dial-a-Ride operates for the following activities—on a first-come-first-served basis with a minimum of 24hr notice, but making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments/transportation Senior Center's congregate nutritional lunch program
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)
- Fares are charged for transportation. You can get the fee schedule by calling the senior center.
- Please call the Senior Center at 228-1700 to schedule transportation.

Programs and Activities

Movie Monday

Monday, February 27th - 12:45 — 70th anniversary—Roman Holiday—1953—A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome. Starring Gregory Peck, Audrey Hepburn, and Eddie Albert. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon (Rigatoni Bolognese, Vegetable Medley, Garlic Knot). To sign-up for the movie OR lunch and a movie call 860-228-1700.

Fun with Stitches Open Quilting Group

Calling all quilters.... **February 3rd and 17th (the 1st and 3rd Friday of the month) 10:15—12:15.** 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. 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. **February 10th and 24th (the 2nd & 4th Friday of the month) 10:15—12:15.** 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. **The next session runs until February 27th (No class on Feb. 6th and Feb. 20th. The next new session will be March 6th—April 7th** The class will be \$21 (7 classes). 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.

Yoga—Wednesdays with Colleen E. Dumas

Introduction to a new hybrid yoga—a mix between moderate non-weight-bearing exercises, gentle yoga, breathing techniques and rejuvenating teaching for health, mind and body. Instructor Coleen E. Dumas will do an initial 4 session class, **Wednesday, January 25th—March 1st (no class February 15th & 22nd) 10:15—11:15am. \$9 for the remaining 3 classes.** Please stop by or call us to sign-up at 860-228-1700.

Programs and Activities

Mindful Meditation

Wednesday, February 1st and 15th. 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.

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.

Technology Assistance

Wednesday, February 8th from 10:00am—11:30am. This will be a group open session questions and answers 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. If you have a specific issue and need one on one assistance you can make an appointment on Thursday, February 23rd between 10:00am—11:30am. Pre-registration is required, 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.

Mahjongg Thursdays 12:45—3:15 The goal of mahjongg 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 mahjongg 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, February 3rd and 24th at 10:00am. Big Y Friday, February 10th and March 3rd. Stop and Shop on Friday, January 27th and March 17th.** Pre- registration is required by Thursday at 10am. Please call 860-228-1700.

Massage Therapy

The second and fourth Monday of the month, February 13th and 27th, massage therapist, **Beverly Williams** will be doing 25minute or 50 minute chair massages for \$25/\$50 accordingly, starting at 9:00am—3:00pm (last appointment at 2:30pm). To make an appointment, please call 860-228-1700.

Every Thursday, from 9:00am—2:00pm (last appointment taken at 1:30pm). (No appointments February 16th & 23rd)**Colleen E. Dumas, LMT,** will be offering table massage for either 25 or 50 minute appointments for \$25/\$50 accordingly. To make an appointment, please call 860-228-1700.



Covid and Flu Vaccination Clinics

- **Friday 2/3, 12 noon-2pm, Chatham Health District - 240 Middletown Ave - East Hampton** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12yr+, Moderna 18yr+)Flu Shots will also be available.
- **Monday 2/13, 930am - 1130am, Colchester Federated Church - 63 Linwood Avenue - Colchester** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12yr+, Moderna 18yr+)

UPCOMING/PLANNING AHEAD



Sunshine Singers performing for St. Patty's Day Celebration

Thursday, March 16th Doors open at 11:00am and singing will be at 11:15 with lunch served at Noon. Menu not yet available. Please come and support the Sunshine Singers as they sing some Irish Classics and other well known songs. Cost for lunch is \$3. Pre-registration for lunch is required and the deadline to sign-up is Wednesday, March 15th by 10:00am. Call the Senior Center at 860-228-1700.



Bus Trip—Aqua Turf Dinner and a Show

St. Patrick's Day Celebration!! Featuring: The McLean Avenue Band & Irish Step Dancers!!

Tuesday March 14, 2023 - Leave the senior center at 10:00am and return approximately 4:30. Enjoy an afternoon filled with food, fun and music. The Aqua Turf is situated in Plantsville. Meticulously maintained gardens feature cobblestone pathways leading you past gazebos, water fountains, and flower beds. The meal starts with a bread basket, salad, and pasta followed by the family style meal featuring both; Corned Beef & Cabbage/ Baked Scrod and all the side fixings and dessert. You will not go home hungry. Space is limited. Registration deadline is Monday, February 27th—ABSOLUTELY NO REFUNDS after the 27th. **The cost is \$60 CASH ONLY, due to payment change at the Aqua Turf.** The fee includes the meal and transportation. To register you can either call or come into the center. A 50% deposit is due within 72hrs of sign up and paid in full by February 27th, absolutely no refunds after this date. To register call 860-228-1700.

Bus Trip—Lunch at The Spicy Green Bean and stopping at Trader Joes

Wednesday, March 22nd leaving the Senior Center at 11:15am, going to lunch at The Spicy Green Bean (in it's newer, larger location) followed by a stop at the newly opened Trader Joes in Glastonbury. Price is \$5 for transportation. Lunch is on your own. Estimated return time 3:00-3:30pm. To sign-up call 860-228-1700.

AARP Driver Course—IN-PERSON at the Senior Center



Tuesday, April 18th 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, April 17th 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.

FREE Lunch and Learn—Sponsored by Marlborough Health Center The Warning Signs of Dementia

Please join us on Wednesday, April 26th for a free lunch and learn sponsored by the Marlborough Health Center. The topic will be The Warning Signs of Dementia, accompanied by a delicious deli sandwich lunch (choice of Turkey or Tuna, chips, cookie, bottled water, and a few other little surprises). You must pre-register by Monday, April 24th at Noon. Please call 860-228-1700

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 information, call Public Works at 860-228-2871

What's Happening In Our Community

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 Feb. 15, March 15 or April 19. Call Donna at 860-228-3022 ext. 162 to reserve your seat. Classes are first-come, first-served.

Take the Time

Mobile Mammography



Hartford Hospital's Digital Mobile Mammography coach bus is coming to the Hebron Senior Center

Tuesday, May 9th—8:00am—2:00pm

12 Stonecroft Dr. Hebron

*****PRE-REGISTRATION REQUIRED*****

860-228-1700

Please note—Mammograms are not read on the spot. You will receive a letter in the mail 2-4 weeks after the mammogram with results. The physician you list upon registration will receive a detailed copy of the results. If there is a concern, you will be notified by phone within a reasonable time.

WHO CAN MAKE AN APPOINTMENT

- Women 35 years of age and older—This is NOT just for seniors
- Last mammogram was more than one year ago and was normal/negative.
- Patients who had a diagnostic breast work-up at last mammogram with negative results and who received a recommendation to return in 12 months.
- Patients who had breast biopsy or surgery more than two years ago and have been told everything is clear/benign and they can resume annual routine screening mammogram. Or patients who have had a breast biopsy less than two years ago, but have had a normal screening mammogram since. In either case, the report must be available to the technologist before the patient has her mammogram on the van.

Who can not be scheduled to have a mammogram on the van?

- Prior breast surgery: Unless the above criteria regarding breast surgery is met, patient should have their screening mammogram at a diagnostic facility.
- Pregnancy: Wait 6 months after childbirth or 6 months after finishing breastfeeding.
- Breastfeeding: Wait 6 months after breastfeeding is terminated.
- Previous breast cancer: a history of breast cancer should be referred to a diagnostic facility.
- Symptomatic patients: Patients with breast lumps, masses, calcifications, focal pain, etc.
- Abnormal breast exam: Any patient with an abnormal breast exam should be referred to a facility that offers diagnostic testing and has a radiologist on site.
- Any patient requiring a six month follow up or additional views from last mammogram must be scheduled at a facility with a radiologist on site to evaluate the films.

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.

Energy Assistance Winter Heating Program

The Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. To make an appointment, please call 860-228-1700.

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.

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

Hebron Senior Center Happenings..... February 2023

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
				
		FEB 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Meditation 10:15 –11:15—Yoga—New Program in addition to Mondays 11:50-12:30—Lunch	FEB 2 9:00—3:00 Exer. Rm 9:00-2:00—Massage 10:10—11:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	FEB 3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Walmart 10:15—12:15—Fun with Stiches Quilting Group 12:15—2:15pm—Watercolors with Audrey
6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15— NO Yoga 11:50—12:30—Lunch 1:00-2:00 Chatham Health Presentation on Healthy Heart Stroke Prevention	7 9:00—3:00 Exer. Rm 9:00—1:00 AARP Taxes 10:00—11:30—Knitting/Crocheting/Needlework 11:00 Food Bank—must pre-register 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	8 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15 –11:15—Yoga 11:15-2:30—Bus Trip—Chowder Pot 11:50—12:30—Lunch	9 9:00—3:00 Exer. Rm 9:00-2:00—Massage 10:10—11:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Big Y 10:15—12:15—Created to Create Open Art Time
13 9:00—3:00 Exer. Rm 9:00-3:00—Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga 11:50—12:30—Lunch	14 9:00—3:00 Exer. Rm 9:00—1:00 AARP Taxes 10:00—11:30—Knitting/Crocheting/Needlework 11:00—11:45—Food Truck 11:50—12:30—Lunch—Special Valentines Meal 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	15 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Meditation 10:15 –11:15—NO Yoga 11:50-12:30—Lunch 2:30-4:00—RHAM Bingo	16 9:00—3:00 Exer. Rm 10:10—11:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Stop & Shop 10:15—12:15– Fun with Stiches Quilting Group
20 CLOSED FOR PRESIDENTS DAY 	21 9:00—3:00 Exer. Rm 9:00—1:00 AARP Taxes 10:00—11:30—Knitting/Crocheting/Needlework 11:00 Food Bank 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	22 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15 –11:15—NO Yoga 11:50-12:30—Lunch	23 9:00—3:00 Exer. Rm 10:10—11:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	24 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Walmart 10:15—12:15—Created to Create Open Art Time
27 9:00—3:00 Exer. Rm 9:00-3:00—Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga 11:50—12:30—Lunch 12:45—Movie—(70th anniversary) Roman Holiday	28 9:00—3:00 Exer. Rm 9:00—1:00 AARP Taxes 10:00—11:30—Knitting/Crocheting/Needlework 11:00—11:45—Food Truck 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	March 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15 –11:15—Last class of this session - Yoga 11:50-12:30—Lunch	March 2 9:00—3:00 Exer. Rm 9:00-2:00—Massage 10:10—11:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	March 3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Big Y 10:15—12:15– Fun with Stiches Quilting Group

HEBRON - COMMUNITY RENEWAL TEAM FEBRUARY 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Jan 30	Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Fresh Fruit	Jan 31	Orange Juice Pot Stickers / Duck Sca Vegetable Fried Rice Seasoned Peas Wheat Dinner Roll Frosted Cake	1	Grape Juice Country Fried Steak Mac N' Cheese Stewed Tomatoes Wheat Bread Frosted Cake	2	Yankee Pot Roast w/ Gravy Boiled Potatoes Carrots Rye Bread Fresh Fruit
6	100 % Fruit Punch Ice Sweet & Sour Turkey Meatballs Garlic Smashed Potatoes Chuckwagon Blend Veggies 12 Grain Brd Jello Cup	7	Chicken Marsala Egg noodles Italian Blend Veggies Italian Bread Fruited Yogurt Cup	8	Baked Pork Loin w/ Gravy Mashed Potatoes Capri Blend Vegetables 100 % Whole Wheat Brd Fresh Fruit	9	Quiche Wedge Seasoned Diced Potatoes Vegetable Medley Rye Bread Fresh fruit
13	Chicken Noodle Soup Beef Hot Dog on a Bun Baked Beans Coleslaw Mustard, Relish, Ketchup Fresh Fruit	14	Happy Valentine Day Orange Juice Caprese Baked Chicken Parslied Linguini Asparagus / Garlic Knot Frosted Cupcake	15	Stuffed Pepper w/ Sauce Rice California Blend Veggies 100 % Whole Wheat Bread Fresh Fruit	16	Grape Juice Brown Sugar Glazed Ham Cut-Up Sweet Potatoes Green & Yellow Wax Beans 12 Grain Bread Pudding
20	CRT Closed In Observance of Holiday	21	Meatloaf w/ Mushroom Onion Gravy Mash Potatoes Peas Wholegrain White Brd Fresh Fruit	22	Shrimp Scampi Seasoned Pasta Steamed Broccoli Garlic Knot Fruited Yogurt Cup	23	National Celebrate Chili Day Apple Juice Beef n Bean Chili on Baked Potato Mixed Veggies Cornbread Loaf Frosted Cake
27	Grape Juice Rigatoni Bolognese Vegetable Medley Garlic Knot Wholegrain Fruit Bar	28	Roast Turkey w/ Gravy Cornbread Stuffing Glazed Carrots Cranberry Sauce Wheat Roll Fresh Fruit				

THE MENU IS SUBJECT TO CHANGE DUE TO POSSIBLE UNAVAILABILITY OF PRODUCT. THANK-YOU VERY MUCH FOR YOUR UNDERSTANDING !

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.

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.

Sudoku

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

How to play

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

SOLUTION

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

Dessert Recipes

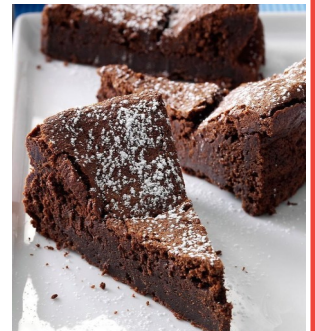
Flourless Chocolate Torte

Ingredients

- 5 large eggs, separated
- 12 ounces semisweet chocolate, chopped
- 3/4 cup butter, cubed
- 1/4 teaspoon cream of tartar
- 1/2 cup sugar
- Confectioners' sugar, optional

Directions

- Place egg whites in a large bowl; let stand at room temperature 30 minutes. Preheat oven to 350°. In top of a double boiler or a metal bowl over barely simmering water, melt chocolate and butter; stir until smooth. Remove from heat; cool slightly.
- In another large bowl, beat egg yolks until thick and lemon-colored. Beat in chocolate mixture. With clean beaters, beat egg whites and cream of tartar on medium speed until foamy.
- Gradually add sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until stiff glossy peaks form. Fold a fourth of the egg whites into chocolate mixture, then fold in remaining whites.
- Transfer to a greased 9-in. springform pan. Bake until a toothpick inserted in center comes out with moist crumbs, 40-45 minutes (do not overbake). Cool completely on a wire rack.
- Loosen sides from pan with a knife. Remove rim from pan. If desired, dust with confectioners' sugar.



Strawberry Shortcake Puffs

Ingredients

- 1 sheet frozen puff pastry, thawed
- 4 cups fresh strawberries, sliced
- 1/4 cup plus 3 tablespoons sugar, divided
- 1-1/2 cups heavy whipping cream
- 1/2 teaspoon vanilla extract

Directions

- Preheat oven to 400°. On a lightly floured surface, roll puff pastry to a 10-in. square; cut into 12 rectangles (approx. 3x2-1/2 in.). Place on ungreased baking sheets. Bake until golden brown, 12-15 minutes. Remove to wire racks; cool completely.
- In a large bowl, toss strawberries with 1/4 cup sugar. Let stand 30 minutes, stirring occasionally. In another bowl, beat cream until it begins to thicken. Add vanilla and remaining sugar; beat until stiff peaks form.
- To serve, split pastries horizontally in half. Top each bottom half with 2 tablespoons whipped cream and 1 tablespoon strawberries; replace top half. Top with remaining whipped cream and strawberries.



Recipes

Broccoli Beef Braids

Ingredients

- 1 pound ground beef
- 1/2 cup chopped onion
- 3 cups frozen chopped broccoli
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup sour cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tubes (8 ounces each) refrigerated crescent rolls

Directions

- Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink, breaking beef into crumbles; drain. Stir in broccoli, cheese, sour cream, salt and pepper; heat through.
- Unroll 1 tube of crescent dough onto a greased baking sheet; form into a 12x8-in. rectangle, pressing perforations to seal. Spoon half the beef mixture lengthwise down center of rectangle.
- On each long side, cut 1-in.-wide strips at an angle, about 3 in. into the center. Fold 1 strip from each side over filling and pinch ends together; repeat.
- Repeat with remaining ingredients to make second braid. Bake 15-20 minutes or until golden brown.



Pasta Fagioli Soup

Ingredients

- 1/2 pound Italian turkey sausage links, casings removed, crumbled
- 1 small onion, chopped
- 1-1/2 teaspoons canola oil
- 1 garlic clove, minced
- 2 cups water
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 3/4 cup uncooked elbow macaroni
- 1/4 teaspoon pepper
- 1 cup fresh spinach leaves, cut as desired
- 5 teaspoons shredded Parmesan cheese

Directions

- In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside. In the same pan, saute onion in oil until tender. Add garlic; saute 1 minute longer.
- Add the water, beans, tomatoes, broth, macaroni and pepper; bring to a boil. Cook, uncovered, until macaroni is tender, 8-10 minutes.
- Reduce heat to low; stir in sausage and spinach. Cook until spinach is wilted, 2-3 minutes. Garnish with cheese.



Tomato Toast With Chives and Sesame Seeds

Ingredients

- 1 garlic clove, finely grated
- 1/2 cup mayonnaise
- Kosher salt
- 1/2 lemon
- 4 3/4"-thick slices country-style bread, toasted
- 3 medium tomatoes, thinly sliced
- 2 Tbsp. finely chopped chives
- 2 tsp. toasted sesame seeds
- Flaky sea salt
- Freshly ground black pepper
- Aleppo-style pepper (for serving; optional)
- Extra-virgin olive oil (for drizzling)

Directions

- Mix garlic and mayonnaise in a small bowl. Squeeze about 1 tsp. juice from lemon half into bowl; season with kosher salt. Hang on to lemon.
- Spread a generous layer of seasoned mayonnaise over toast; shingle a few tomato slices on top. Sprinkle with chives, sesame seeds, sea salt, black pepper, and Aleppo-style pepper. Finely grate some lemon zest from reserved lemon over and drizzle with some oil.



Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES

COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME

FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART