

2023

Hebron Senior Center Newsletter

January

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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

GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com

SENIOR CENTER CLOSED MONDAY, JANUARY 2ND and MONDAY, JANUARY 16 **Storm Closing Info on page 2**

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.

FREE 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 led 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 \$3 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.

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.



NEW PROGRAM—Yoga—Wednesdays with Coleen 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 (\$12), **Wednesday, January 18th—February 15th 10:15—11:15am**. To come to the new class, please call us to sign-up at 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, 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 2023: Anticipated dates January 3rd and 17th (couldn't confirm prior to publishing)

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: 26 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 8



DETAILED INFORMATION ABOUT MEALS ON WHEELS ON PAGE 9

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.

*******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.



Programs and Activities

Movie Monday

Monday, January 9th - 12:45 — The Lost City— After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction. Starring Sandra Bullock, Channing Tatum, Daniel Radcliffe. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon (Hot dog, baked beans, coleslaw). To sign-up for the movie OR lunch and a movie call 860-228-1700.

Fun with Stitches Open Quilting Group

Calling all quilters.... **January, 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. 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. **January, 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. **The next session runs January 9th—February 27th (5 classes—No class on Jan. 16th, Feb. 6th, or Feb. 20th).** The class will be \$15. 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.

NEW PROGRAM—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 (\$12),

Wednesday, January 18th—February 15th 10:15—11:15am. To come to the new class, please stop by or call us to sign-up at 860-228-1700.

Programs and Activities

Mindful Meditation

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 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

Tuesday, January 10th 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.

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 **Stop and Shop** on **Friday, January 6th and 27th**, **Walmart** to North Windham on **Friday, January 13th and February 3rd at 10:00am**. We will be going to **Big Y** **Friday, January 20th and February 10th**. Pre-registration is required by Thursday at 10am. Please call 860-228-1700.

Massage Therapy

Massage Therapy

The second and fourth Monday of the month, **January 9th and 23rd**, 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, starting January 19th, from 9:00am—2:00pm (last appointment taken at 1:30pm). **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.



AARP Tax Preparation for 2022 Taxes

Exact dates were not yet set at publication time, but they will begin sometime in early February through the end of March on Tuesdays from 9:00am—2:00pm. Tax preparation is free through the AARP sponsored tax aide program using volunteers who make the program work. Sign-ups will begin Tuesday, January 17th by calling 860-228-1700.

BUS TRIPS

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 \$3 for transportation and lunch is on your own. To register call 860-228-1700.

Bus Trip—Buckland Hills Mall and Lunch

Wednesday, January 25th, leaving at 9:30am and returning approximately 2-2:30. Head up to Buckland Hills Mall and shop and have lunch. Cost for the trip is \$5 for transportation. Need a minimum of 5 people to run the trip. Registration deadline, Monday, January 23rd. To register, call 860-228-1700.

Covid and Flu Vaccination Clinics

- **Friday 1/6, 2pm - 4pm, Colchester Federated Church** - 63 Linwood Avenue - Colchester Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available.
- **Friday 1/20, 3pm - 5pm, Colchester Federated Church** - 63 Linwood Avenue - Colchester Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available.

Fun Facts About January

1. The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!
2. In leap years, January always starts on the same day as April and July.
3. Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it "Wintermanoth" meaning "winter/cold month."
4. Originally, the Roman calendar had only 10 months, and it excluded January and February.
5. King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
6. Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January we practice now!
7. January was a monumental year for Alaska! As of January 3, 1959, Alaska officially became the 49th state. One of the most influential events in the U.S. happened in January – on January 1, 1892, Ellis Island opened, allowing for the immigration of over 20 million people! te of the United States.
8. Generally, January is the coldest month of the year in the Northern Hemisphere.
9. The equivalent month of January in terms of temperature in the Southern Hemisphere is July!
10. The dianthus caryophyllus is the birth flower of January – more commonly known as the carnation!

Calling all Seniors

(+55 and over)

Winter League Mixed Bowling

(10 weeks)

at

Kickback N' Bowl

9 Bear Swamp Road, East Hampton

Starting Wednesday January 11, 2023

2 pm to 4 pm

\$12 per week (\$4 shoe rental if needed)

Contact Jack Anderson

860-882-3752 or email: jackande52@aol.com



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..... January 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
<p>Jan 2</p> <p>CLOSED IN CELEBRATION OF NEW YEAR'S DAY</p>	<p>3</p> <p>9:00—3:00 Exer. Rm 10:00—11:30—Knitting/Crocheting/Needlework 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta</p>	<p>4</p> <p>8:30 Comm. On Aging 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Meditation 11:50-12:30—Lunch</p>	<p>5</p> <p>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</p>	<p>6</p> <p>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—Fun with Stiches Quilting Group</p>
<p>9</p> <p>9:00—3:00 Exer. Rm 9:00-3:00—Chair Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga 11:50—12:30—Lunch 12:45—Movie—The Lost City</p>	<p>10</p> <p>9:00—3:00 Exer. Rm 10:00-11:30—Technology Assistance 10:00—11:30—Knitting/Crocheting/Needlework 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta</p>	<p>11</p> <p>9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—FREE Lunch and Learn—pre-registration required</p>	<p>12</p> <p>9:00—3:00 Exer. Rm 10:10—11:45—Sunshine Singers 10:00—Shopping—Big Y 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>13</p> <p>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</p>
<p>16</p> <p>CLOSED FOR MARTIN LUTHER KING JR. BIRTHDAY</p>	<p>17</p> <p>9:00—3:00 Exer. Rm 10:00—11:30—Knitting/Crocheting/Needlework 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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</p>	<p>20</p> <p>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</p>
<p>23</p> <p>9:00—3:00 Exer. Rm 9:00-3:00—Chair Massage 10:15—11:15—Yoga 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50—12:30—Lunch</p>	<p>24</p> <p>9:00—3:00 Exer. Rm 10:00—11:30—Knitting/Crocheting/Needlework 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta</p>	<p>25</p> <p>9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15 - 11:15—Yoga—New Program in addition to Mondays 9:30-2:30—Bus Trip—Buckland Hill Mall/lunch 11:50-12:30—Lunch</p>	<p>26</p> <p>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</p>	<p>27</p> <p>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 Art Time 12:15—2:15 Watercolors with Audrey</p>
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HEBRON SENIOR CENTER **JANUARY** 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2	Closed for New Year's Day	3	Stuffed Shells w/ Tom Cream Sauce Parmesan Cheese Italian Mix Veggies Garlic Knot Fresh Fruit	4	<u>National Soup Day</u> New England Clam Chowder Oyster Crackers Potato Crumb Fish /Tartar Sc Rice Pilaf Green & Yellow Squash Fruited Yogurt	5	Rosemary Baked Chicken Baked Potato / Sour Cream Parslied Carrots 12- Grain Bread Fresh Fruit
9	Grape Juice Beef Hot Dog on Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Coleslaw Fresh Fruit	10	Orange Juice Chicken Marsala Egg Noodles 4-Way Vegetable Blend Italian Bread Jello Cup	11	Italian Sausage Baked Ziti / Parmesan Cheese Broccoli Florets Garlic Knot Fresh Fruit	12	Apple Juice Baked Pork Loin w/ Gravy Cut-Up Sweet Potatoes Brussel Sprouts Oatnut Bread Cookie
16	Closed for Martin Luther King Jr. Birthday	17	Plain Omelet w/ Ham & Pepper Cheese Sauce Lyonnaise Potatoes Prince Edward Veggies Rye Bread Fresh Fruit	18	Grilled Kielbasa Potato Pancake Capri Blend Vegetables 100 % Whole Wheat Bread Fresh Fruit	19	<u>National Ice Cream Day</u> Orange Juice Teriyaki Beef Bites Vegetable Fried Rice Asian-Style Veggies 12 Grain Bread Ice Cream Cup
23	Grape Juice Italian Meatballs w/ Scf Bowties Green Beans Garlic Knot Wholegrain Fruit Bar	24	Hearty Chicken Noodle Soup Oven Baked Chicken Quarter w/Gravy Mac N ' Cheese Chuckwagon Bl Veggies Saltine Crackers Fresh Fruit	25	Roast Turkey w/Gravy Stuffing Cranberry Sauce Mixed Vegetables Rye Bread Fresh Fruit	26	Baked Fish w/ Sauce Orzo / Asparagus 100 % Whole Wheat Bread Fresh Fruit
30	Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Fresh Fruit	31	Orange Juice Pot Stickers / Duck Scf Vegetable Fried Rice Seasoned Peas Wheat Dinner Roll Frosted Cake				

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.

What's Happening In Our Community

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

Car Seat Installations

The Hebron Fire Department offers free infant and child installation/safety checks by a licensed safety technician at Station 1, 44 Main St. To schedule an appointment, call 860-228- 3022 ext. 162.

A New Year

The day does offer promise
A chance for something new
Time for new direction
To make a change or two

This burst of inspiration
Does come but once a year
A time for something different
And hopes that change is near

How will you use this moment
What will you choose to change
What aspect of your story
Are you poised to rearrange

In truth it's just illusion
It's not about the day
It's how you view the future
And challenge in your way

RBL

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-

HIHS Food Pantry

Food Pantry in New Location: The HIHS Food Pantry is now operating out of the new location, at 26 Pendleton Drive. Food distribution occurs on Tuesday/Thursday from 9 a.m.- 6 p.m. and Friday from noon-5 p.m., for those in Hebron and surrounding towns experiencing food insecurity. Food donations of hearty soups, peanut butter, pasta, tomato products, canned fruit, and canned meats are welcome and can be dropped off during distribution hours. Also, the mobile Foodshare truck will be in town every other Tuesday (next date: Dec. 20) from 11:15-11:45 a.m., at the Church of Hope, located at the intersection of routes 66 and 85 across from Town Hall. All are welcome; please bring your own bags.

Tax-Aide Foundation Seeks Volunteers

For many years, the senior centers in Colchester, Hebron, Marlborough, Columbia, East Hampton and East Haddam have hosted the AARP Tax-Aide Program, which provides free income tax preparation services for residents of these towns and surrounding communities. Tax-Aide is the nation's largest free volunteer tax program, offered in conjunction with the IRS. The Tax-Aide program is looking for people to join its volunteer team. You don't need to be an accountant or tax professional; volunteers come from a variety of backgrounds. Training and support are provided. To volunteer, go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (888-227-7669). For additional information before signing up, contact your local senior center and they will connect you with a local Tax-Aide volunteer.

Sudoku

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

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

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

Dessert Recipes

5 Ingredient Double Chocolate Peppermint Cookies

Ingredients

- 1 box Devil's Food Chocolate Cake Mix
- 1/2 cup room temperature butter 1 stick
- 2 eggs
- 2/3 cup milk chocolate chips divided
- 1/2 cup peppermint bits divided

Directions

- Preheat oven to 350 degrees F.
- Stir together cake mix, butter and eggs until combined.
- Stir in 1/2 cup chocolate chips and 1/4 peppermint bits.
- Using a cookie scoop, divide dough onto baking sheets. Top with remaining chocolate chips and peppermint bits, if desired.
- Bake at 350 degrees for about 13-15 minutes or until cookies are puffy and no longer glossy.
- Cool for a few minutes on the baking sheets before transferring to cooling racks.
- Once completely cooled, store in an airtight container for up to one week.

Leftover Candy Canes Here are two good recipes



3-Ingredient Peppermint Hot Fudge Bites

Ingredients

- 1 jar fudge topping, heated according to jar directions (we used Trader Joe's Fudge Sauce)
- 1 pkg., 9.5 ounces Pepperidge Farm® Puff Pastry Cups, prepared according to package directions
- Several peppermint candy canes, finely crushed

Directions

- Prepare the cups according to the package directions.
- Crush candy canes in a Ziploc bag (sealed; use a rolling pin to pound into fine crumbs).
- Spoon 1 tablespoon warm fudge topping into each pastry shell.
- Top each cup with sprinkled peppermint candy cane.
- The pastry shells can be prepared up to 4 hours ahead and kept at room temperature.



Recipes

5 Ingredient Cranberry Brie Cinnamon Puff Pastry Swirls

Ingredients

- 1 sheet frozen puff pastry, thawed
- 3 tablespoons salted butter, melted
- 6 ounces Brie cheese, rind mostly removed and finely diced
- 3/4 cup dried cranberries
- 2-4 tablespoons cinnamon sugar, using more or less to taste

Directions

- Preheat oven to 375 degrees F. Line a baking sheet with parchment paper.
- Unroll the puff pastry on a clean work surface. Brush the pastry with 1 tablespoon melted butter and then sprinkle with 1-2 tablespoons cinnamon sugar. Sprinkle the diced brie and cranberries evenly over the pastry.
- Starting at the long end, roll the pastry up as tightly as possible (like a cinnamon roll). Brush the roll with the remaining melted butter and then sprinkle the roll with cinnamon sugar to coat. Using a sharp knife, cut into 16 swirls.
- Place the swirls on the prepared baking sheet and bake 15-25 minutes or until the cheese is bubbly and the pastry golden, these are a little messy. Allow to sit on the pan about two minutes and before transferring to a serving plate. Serve warm.



Crockpot grape jelly & BBQ meatballs – only 3 ingredients!

Ingredients

- 1 (18-ounce) jar grape jelly
- 1 (18-ounce) jar BBQ sauce
- 1 (32-ounce) bag frozen fully cooked meatballs (about 50)
- Can also use homemade meatballs or kielbasa

Directions

- In a medium bowl or the base of a slow cooker, combine the grape jelly and BBQ sauce. Add meatballs and stir until coated in sauce.
- Cook on high 2 to 3 hours or low 3 to 4 hours. Turn the slow cooker to warm until ready to serve.
- Enjoy as an appetizer or serve over rice and top with green onions for a main dish.



Flavorful Pot Roast

Ingredients

- 2 boneless beef chuck roasts (2-1/2 pounds each)
- 1 envelope ranch salad dressing mix
- 1 envelope Italian salad dressing mix
- 1 envelope brown gravy mix
- 1/2 cup water
- Chopped fresh parsley, optional

Directions

Place the chuck roasts in a 5-qt. slow cooker. In a small bowl, combine the salad dressings and gravy mix; stir in water. Pour over meat. Cover and cook on low for 7-8 hours or until tender. If desired, sprinkle with parsley and thicken cooking juices for gravy.



Martin Luther King Jr.

Find and circle all of the words related to Martin Luther King Jr. that are hidden in the grid. The remaining letters spell a Martin Luther King Jr. quote.

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

ACTIVIST
AFRICAN AMERICAN
ASSASSINATED
ATLANTA
BALCONY
BAPTIST
BIRMINGHAM
BOLD
BRAVE
BUS BOYCOTT
CHALLENGE
CHANGE
CIVIL RIGHTS

CORETTA
DESEGREGATION
EQUALITY
FATHER
FORGIVE
HATE
HERO
HISTORY
HOLIDAY
HOPE
HUSBAND
I HAVE A DREAM

INJUSTICES
LEADER
LOVE
MARCHES
MEMPHIS
MICHAEL
MONTGOMERY
MOVEMENT
NOBEL PEACE PRIZE
NON VIOLENCE
OPPRESSED
ORATOR

PASTOR
PEACEFUL
PROGRESS
PROTEST
RACISM
SELMA
SPEAKER
SPEECHES
STRONG
TRUTH
WASHINGTON
YOLANDA