

2023

Hebron Senior Center Newsletter

March

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 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.



St. Patty's Day Celebration featuring the Sunshine Singers

Thursday, March 16th Doors open at 11:00am and singing will be at 11:15 - come sing along and there may be a surprise guest. Lunch will be served at Noon. Menu: Orange Juice, Corned Beef / Boiled Carrots, Boiled Potatoes, Rye Bread, Green Shamrock Cookie. 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..



RHAM Bingo

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

Bus Trip—Lunch at The Spicy Green Bean and shopping 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.

Watercolor Painting/Pen and Ink with Audrey Carrol

Friday, March 24th and March 31st from 12:15—2:15pm for \$20. This session gets us in the mood for the spring 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.

LAST DAY FOR ENERGY ASSISTANCE APPLICATIONS—MARCH 15TH

Details on page 7

AARP Tax Preparation for 2022 Taxes

Tuesdays, through March 28th from 9:00am—1:00pm we are hosting free tax preparation through the AARP sponsored tax aide program using volunteers who make the program work. This is open to anyone in any town, 50 years and up. You do NOT need to be an AARP member. To sign-up call 860-228-1700.

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

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

Alternates: (1 open spots) Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, March 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

We have moved to our new and improved pantry! Please visit us at 26 Pendleton Drive, Hebron.

Dedicated to serving the needs of Hebron and surrounding communities through our client choice food pantry, weekend food backpack for Hebron students, support for RHAM Raptors Food Pantry, guidance with fuel assistance, and help with holiday meals and gifts.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm 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.



Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation

Tuesday, March 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, March 7th and March 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 10:00AM ON FRIDAYS FOR MONDAYS 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 9

Energy Assistance Winter Heating Program –Deadline March 15th (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 available for seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs.

Dial-a-Ride operates on a first-come–first-served basis with a minimum of 24hr notice (48hrs for new riders). 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, March 20th - 12:45 The Jungle—a good “guy” flick. A group of friends join a guide for a trek into the Bolivian jungle, searching for an Indian village. The men soon realize that the jungle is a difficult place to be. Jungle is a 2017 Australian biographical survival drama film, based on the true story of Israeli adventurer Yossi Ghinsberg's 1981 journey into the Amazon rainforest. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon—Boneless chicken marsala, pesto pasta, Italian veggies, garlic knot, fresh fruit. To sign-up for the movie OR lunch and a movie call 860-228-1700.



Fun with Stitches Open Quilting Group

Calling all quilters.... **March 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. **March 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 will be March 6th—April 17th** 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 continuously 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 run the next session, **Wednesday, March 8th—April 19th, 7 sessions for \$21, 10:15—11:15am.** Please stop by or call us to sign-up at 860-228-1700.

Programs and Activities

Mindful Meditation

Wednesday, March 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 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.

Technology Assistance

Wednesday, March 8th from 10:30am—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. 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 Big Y March 3rd and March 24th, Stop and Shop March 10th and 31st, Walmart in North Windham, 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, March 13th and 27th, massage therapist, **Beverly Williams** will be doing 25minute or 50 minute chair or table massages or hot stone 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

Monday, 3/13, 10am-12 noon, Chatham Health District - 240 Middletown Ave - East Hampton Bivalent (Omicron) boosters 12yrs and older

Monday, 3/27, 10am-12 noon, Chatham Health District - 240 Middletown Ave - East Hampton Bivalent (Omicron) boosters 12yrs and older

There are no more seasonal flu clinics scheduled for this year.

If you are in need of a seasonal flu vaccine, please call our office at (860) 365-0884

UPCOMING/PLANNING AHEAD

Bus Trip—Lunch at Whey Station(ary)

Wednesday, April 12, 2023, depart at 11:15am and return approximately 2:00pm. Join us as we travel to Middletown to the Whey Station(ary) famous for their unique and varied grilled cheese sandwiches. They first were known for their food truck and now have a “stationary” restaurant. The owner was on the Food Network show “Chopped” which she won for her culinary expertise. Menus available at the senior center. Limited space, so sign-up early. Cost is \$5 for transportation, lunch is on your own, 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

Household Hazardous Waste COLLECTION SCHEDULE

in Manchester at 321 Olcott Street | **8:00 a.m. - 1:00 p.m.**

DIRECTIONS: Exit 1 from 384, follow Spencer Street for 1 mile, left onto Olcott Street and look for signs, HHW Facility on your left

FOR RESIDENTS OF Glastonbury, Hebron, Manchester, Marlborough, Somers, South Windsor, Stafford & Vernon

Bring a **Driver's License, Tax Bill or Car Registration** to prove residency. For more information on HHW collections, please contact CREOC at **(860) 647-5278**.

2023 Dates:

Saturday, **March 18**
Saturday, **April 15**
Saturday, **May 20**
Saturday, **June 17**
Wed., **July 19** (evening event)
3-7pm
Saturday, **August 19**
Saturday, **September 16**
Saturday, **October 21**
Saturday, **November 18**

Safely dispose of paints & stains, acids, insecticides, herbicides, fertilizers, chemicals, household cleaning products, and other hazardous materials which may have accumulated at your home.

Reminders: The following items will NOT be accepted: used oil & anti-freeze.

Dried out paint cans can be disposed in the regular trash.

The use of trailers and work vans are NOT allowed.

FALL OUTREACH September 30th - Somers High School, Vision Boulevard

2023

ONLINE APPOINTMENTS ARE MANDATORY

If a collection date is filled up, please make an appointment for a different date.

Scan to Make Appointments:



<https://mdjdmz.townofmanchester.org/WasteAppointments/>

PaintCare Connecticut Info:
<http://bit.ly/PaintCareCT>

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.

HOURS ARE EXPECTED TO CHANGE WITH THE TIME CHANGE

Free CPR Classes The Hebron Fire Dept.

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

HEBRON MAPLE FESTIVAL—Saturday & Sunday March 18th & 19th—10:00am—4:00pm. Maple flavored food items, arts and crafts, quilt show, demonstrations, games and our loved by all tractor parade. For a complete list of events and vendors please visit our website <http://WindhamChamber.com>. Parking downtown is VERY limited so please park at RHAM High School and take one of our constantly running shuttle buses to the event. The event is in the Hebron Library parking lots and town green, right on Route 66. **FREE TO ATTEND. Rain or Shine**

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.....March 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. 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	Feb. 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—Meditation 10:15 –11:15—Yoga—last class of this session 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
6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga—NEW Session 11:50—12:30—Lunch	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—New Session Technology Assistance 10:30-11:30 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— S & S 10:15—12:15—Created to Create Open Art Time CHANGE YOUR CLOCKS ON SATURDAY FORWARD
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—No Transportation Avail. 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	15 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Meditation 10:15 –11:15—Yoga 11:50-12:30—Lunch 2:30-4:00—RHAM Bingo LAST DAY FOR ENERGY ASSISTANCE APPLICATIONS	16 9:00—3:00 Exer. Rm 11:00—12:30—St. Patty's Day Party—Sunshine Singers & 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—Walmart 10:15—12:15– Fun with Stiches Quilting Group Maple Fest Sat & Sun 10-4
20 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—11:15—Yoga 11:50—12:30—Lunch 12:45—Movie—The Jungle	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—Yoga 11:15-3:00—Bus Trip—Spicy Green Bean & Trader Joes 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—Big Y 10:15—12:15—Created to Create Open Art Time 12:15—2:15—Spring Watercolors Class
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	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	29 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15 –11:15—Yoga 11:50-12:30—Lunch	30 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	31 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—S & S 10:15—12:15– Fun with Stiches Quilting Group 12:15—2:15—Spring Watercolors Class

HEBRON SENIOR CENTER COMMUNITY RENEWAL TEAM MARCH 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Feb 27	Grape Juice Rigatoni Bolognese Vegetable Medley Garlic Knot Wholegrain Fruit Bar	Feb 28	Roast Turkey w/ Gravy Cornbread Stuffing Glazed Carrots Cranberry Sauce Wheat Roll Fresh Fruit	Mar 1	Roast Beef w/ Gravy Mashed Potatoes Steamed Spinach 100% Whole Wheat Bread Fresh Fruit	2	Chicken Parmesan Parslied Egg Noodles Yellow Squash Garlic Knot Fresh Fruit
6	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	7	BBQ Pork Crinkle Cut Fries Ketchup Green Beans 100 % Whole Wheat Bread Fresh Fruit	8	<u>NATIONAL COLD CUT DAY</u> Sliced Turkey/American Cheese/Club Roll Shredded Lettuce & Sliced Tomato Mayo & Mustard Packets Fresh Fruit Yogurt Cup	9	Baked Ham Potato Salad Peas & Carrots Rye Bread Fresh Fruit
13	Pork Meatballs w/ Gravy Garlic Smashed Potato Vegetable Blend 100% Whole Wheat Bread Fresh Fruit	14	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	15	Grape Juice All Beef Hot Dog / Hot dog Bun/ Ketchup, Mustard, Relish/Smoked Baked Beans Mixed Vegetables Fresh Fruit	16	<u>CRT St. Patrick's Day</u> Orange Juice Corned Beef / Boiled Carrots Boiled Potatoes Rye Bread Mustard Packets Green Shamrock Cookie
20	Boneless Chicken Marsala Pesto Pasta Italian Vegetables Garlic Knot Fresh Fruit	21	Vegetable Soup Plain Hamburger on Bun Sweet Potato Fries Shred Lettuce & Sliced Tomato Ketchup & Mayo Packets Fresh Fruit	22	Pot Stickers w/ Duck Sce Vegetable Fried Rice Oriental Vegetable Blend Dinner Roll Fresh Fruit	23	Turkey Pot Pie w/ Peas & Carrots Brussels Sprouts 100 % Whole Wheat Bread Fresh Fruit
27	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit	28	Vegetable Quiche Potato Wedges / Ketchup California Vegetables Garlic Knot Fresh Fruit	29	Roasted Turkey w/ Gravy / Cranberry Sce Cornbread Stuffing Asparagus Wheat Bread Fresh Fruit	30	<u>National Lemon \ Orange Day</u> Orange Juice Lemon Chicken Picatta Mashed Potatoes / Veg Medley Garlic Knot Lemon Pudding w/ Whip Topping

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.

The menu is subject to change due to possible unavailability of product. Thank-you very much for your understanding !

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

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

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

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

Dessert Recipes

MINT CHOCOLATE PUDDING COOKIES

Ingredients

- 1 cup sugar
- ½ cup butter softened (1 stick)
- 1 egg
- ½ cup sour cream
- 1 box 3.4 box instant vanilla pudding mix
- ½ tsp salt
- ½ tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 1 drop blue coloring + 7-10 drops green coloring
- 1 ½ cups chocolate chips

Directions

- Start by preheating the oven to 375 degrees F.
- line a baking sheet with parchment paper or spray with non-stick cooking spray, set aside.
- Begin by creaming together the sugar and butter, in a large bowl, until nice and fluffy.
- Then, add in the egg, sour cream and dry pudding mix, stir well to combine.
- Next, in a separate small bowl, combine the flour, salt and baking soda.
- After that, incorporate the flour mixture into the butter and pudding mixture and stir until well combined.
- Now, add the mint extract and food coloring until desired color is achieved.
- Lastly, add in the chocolate chips. I used ¾ cup chocolate chunks, ¾ cup regular chocolate chips and ½ cup Andes bakingbits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in addition to the 1½ cups chocolate chips, if you opt to put them in!
- Start dropping the cookie dough by the rounded tablespoonfuls onto the prepared baking sheet.
- Then, bake for 10 minutes.
- When done baking, transfer to a cooling rack.



St. Patrick's Day Puppy Chow

Ingredients

- 5 cups rice chex cereal
- 1 bag of green candy melts
- 1 drop of young living spearmint essential oil*
- 2 cups powdered sugar

Directions

1. Add the rice chex cereal to a large mixing bowl. Set aside.
2. Pour the candy melts into a microwave-safe bowl and microwave at 30 second intervals, stirring after each interval until they are melted. Once the candy melts are melted stir in one drop of young living spearmint essential oil*.
3. Add the powdered sugar to a ziplock bag. Set aside.

Directions

4. Pour the melted candy melts into the large mixing bowl, mix the rice chex cereal with the melted chocolate. After the mixture is fully mixed together, pour the mixture into the ziplock bag and seal. Shake the ziplock bag until all of the cereal pieces are covered.
5. Pour the puppy chow onto a large sheet and allow it to cool. Store in an airtight bag for up to 5 days.



Recipes

Spinach Stuffed Chicken Breast

Ingredients

- 4 boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 4 oz. cream cheese, softened
- 1/2 c. frozen spinach, defrosted, drained, and squeezed
- 1/3 c. chopped canned artichoke hearts
- 1 c. shredded mozzarella, divided
- Pinch crushed red pepper flakes
- 4 strips bacon, cut into 4 strips
- 2 tbsp. extra-virgin olive oil

Directions

Step 1

Preheat oven to 400°. Line a large baking sheet with foil. Make slits widthwise in chicken, being careful not to cut all the way through chicken. Season with salt and pepper. Place on prepared baking sheet.

Step 2

In a medium bowl, combine cream cheese, spinach, artichokes, and ½ cup of mozzarella. Season with salt, pepper, and a pinch of red pepper flakes. Fill every other slit with cream cheese mixture and fill remaining slits with a piece of bacon. Sprinkle remaining ½ cup mozzarella on top and drizzle with oil.

Step 3

Bake until chicken is cooked through and bacon is crispy, 35 minutes.



5 Ingredient Slow Cooker Cheesy Potatoes Recipe

Ingredients

- 1 bag frozen diced potatoes (32 oz.)
- 1 cup sour cream
- 1 can cream of chicken soup (10.5oz.)
- 1 teaspoon garlic salt
- 2 cups cheddar jack cheese shredded

Directions

1. Spray slow cooker with cooking spray (this is optional, but I like to do it.)
2. Put frozen potatoes in a slow cooker.
3. In a bowl combine sour cream, cream of chicken soup and garlic salt and stir to combine. Pour mixture on top of the potatoes.
4. Add cheese to the slow cooker and stir everything together.
5. Turn slow cooker on high and cook for 4 hours, then serve and enjoy



Bisquick Sausage Balls Recipe

Ingredients

- 1 pound sharp Cheddar cheese (shredded)
- 1 pound ground pork sausage
- 2 cups Bisquick baking mix
- 1 tablespoon freezer-dried chives (optional)
- 1/4 cup milk (add if needed)
-

Directions

- Preheat oven to 350 degrees Fahrenheit.
- In a large bowl, combine the ground sausage, Bisquick mix, and shredded cheese.
- Shape the mixture into 24 golf ball-sized balls. Place the balls on baking sheets.
- Bake for 20 to 25 minutes, or until golden brown.
- Serve with your favorite dip on the side!



St. Patrick's Day

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

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNEB BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY