

2023

Hebron Senior Center Newsletter

April

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



Watercolor Painting/Pen and Ink with Audrey Carrol

Friday, March 31st and April 14th 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.

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

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.



Chatham Health Monthly Presentation - Before Bingo on Wednesdays

Chatham Health is presenting a free health related topic each month. It will be 30 minutes and be before the start of RHAM Bingo. In April, it will be at **2:00pm on Wednesday, April 19th** and the topic will be Public Health Services. They will go over all the services Chatham Health provides. In May, they will be discussing mental health and June going over Outdoor Safety. Anyone can attend, you do not have to stay for Bingo afterwards. To register, call 860-228-1700.

RHAM Bingo

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, April 19th 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 through May.

**VERY IMPORTANT INFORMATION ABOUT YOUR MEDICARE BENEFITS—
PLEASE READ..... THIS IS TO INFORM YOU ABOUT A LETTER YOU MAY BE
RECEIVING FROM THE DEPT. OF HEALTH & HUMAN SERVICES SOMETIME
BETWEEN MARCH 27TH AND MAY 6TH AND IT IS NOT A SCAM.....**

IF YOU GET A LETTER FROM MEDICARE

Beginning the week of March 27 through May 6, the Department of Health & Human Services will be sending out letters to 78,881 Connecticut residents who are receiving Medicare benefits. These letters will provide information regarding the Medicare Savings Program. Only 13% of the state's population will receive a letter, but if you do not receive a letter you may still be eligible.

If your gross total monthly income is \$2,989 per month if single, or \$4,043 combined if married, you may qualify for the Medicare Savings Program. Income includes gross amounts of Social Security benefits, pensions, and interest income (assets are not considered under this program and therefore do not need to be disclosed). If you have earnings from wages, deduct \$65 from your gross monthly earnings, then dividing the remained in half – this sum is the amount of monthly earnings that is considered towards eligibility for the Medicare Savings Program.

Most Medicare beneficiaries are currently having \$165 deducted from their monthly Social Security checks for their Medicare Part B premium. Under the Medicare Savings Program that \$165 will no longer be deducted, allowing you to see \$165 more in your monthly Social Security check.

The Medicare Savings Program will also help to pay up to \$36.27 per month towards your Medicare Part D (prescription drug plan) coverage or, if you have a Medicare Advantage Plan that has a premium, it will help to pay the portion of the premium that is attributed to your prescription drug coverage.

Additionally, for prescription drugs that are covered under your Medicare Part D prescription drug plan or Medicare Advantage Plan prescription drug benefit, you will pay no more than a maximum of \$4.15 copay for a 30 day supply of generic drugs, or a maximum of \$10.35 copay for a 30 day supply of brand name drugs.

If your total gross income is \$2,564 per month if single, or \$3,468 combined if married, you may additionally qualify for coverage of your Medicare deductibles and co-insurances.

There is no recovery money sought for this program for any benefits that you receive.

Letters being sent out by the Department of Health & Human Services are instructing individuals that believe that they may qualify for the Medicare Savings Program of various ways that they can get more information and/or apply. The Senior Center is happy to assist you with checking the authenticity of letters received and answering any questions that you might have. We are also available to assist you in completing an application for the Medicare Savings Program along with screening to see if you might be eligible for any other benefit programs. Please feel free to contact the Senior Center at 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, April 5, 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, April 11th & 25th — 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, April 4th and April 18th – transportation to the food bank every other Tuesday. 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 10

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, April 17th - 12:45—A Man Called Otto (2:06 run time)—Starring Tom Hanks—Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Mari-sol, leading to a friendship that will turn his world around. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon—Stuffed Pepper w/ Tomato Sauce, Pasta w/ Sauce, Seasoned Cauliflower, Wheat Bread. To sign-up for the movie OR lunch and a movie call 860-228-1700.

Fun with Stitches Open Quilting Group

Calling all quilters, **April 21st (closed April 7th) (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. **April 14th and 28th (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 present session runs through April 17th. The next new session will begin Monday, May 8th through June 26th (no class April 24th, May 1st & May 29th)** 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

Mindful Meditation

Wednesday, April 5th and 19th. 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.

Programs and Activities

Technology Assistance

Monday, April 24th 10:15-11:30am. 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, Wednesday, April 5th.** Fridays; Walmart in North Windham April 14th, Stop and Shop April 2st, and Big Y, April 28th. Pre- registration is required by Thursday at 10am. Please call 860-228-1700.

Massage Therapy

The second and fourth Monday of the month, April 10th and 24th, 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.



UPCOMING/PLANNING AHEAD

Chatham Health Monthly Presentation - Before Bingo on Wednesdays

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In April, it will be at **2:00pm on Wednesday, May 17th.** Anyone can attend, you do not have to stay for Bingo afterwards.

To register, call 860-228-1700.

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Lunch Trip—Location TBD

Wednesday, May 24th we will take a lunch trip. Location TBD in May newsletter.

What's Happening In Our Community

The Town Center Project (TTCP) has announced several upcoming events.

For applications or more information, visit thetowncenterproject.org or [facebook.com/ towncenterprojectinc](https://facebook.com/towncenterprojectinc), or email ttcp@thetowncenterproject.org.

TTCP's "Brimfield Lite," centrally located downtown on Saturday, May 6. Art Show: TTCP is looking for artists to participate in Art On Main, Hebron's juried art show from 10 a.m.-3 p.m. This outdoor, open air event will feature artists from many forms, including watercolor, woodworking, oils, ceramics, fibers and more. **Market Day:** TTCP is seeking vendors for its Vintage Market and Farmers Market. If you have vintage flair, love to repurpose, redesign, reuse, collect old treasures or simply create art out of any media.

Town-Wide Tag Sale: Sunday, May 7, as part of Hebron's Market Day weekend.

Calling All Musicians – Make Music Day Hebron: TTCP is once again bringing Make Music Day to Hebron. Make Music Day is an international event dedicated to the celebration of music. This year's festivities will be held **Wednesday, June 21.** All levels of musicians are welcome, in all genres. Musicians will line Main Street, bringing back the "Mile of Music."

What's Happening In Our Community

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

2023

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**.

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>

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

St. Peter's Church Monthly Dinners/Activities

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$15—Dinner proceeds donated to various groups

April 15th—Italian Lasagna Dinner (No Freeze)

May 6th—Plant Sale (HIHS)

May 20th—Baked Stuffed Chicken (SE CT for the Blind)

June 2nd & 3rd—Tag Sale with luncheon (chicken, tuna, or egg salad sandwiches, hot dogs, & chowders (Columbia Food Bank

June 17th—Pulled Pork Dinner (Willimantic Covenant Soup Kitchen)

Transfer Station Summer Hours

Summer hours for the town transfer station are in effect. Tuesday, Thursday, 8:00-6:00, Saturday 8:00-4:00 and Sunday: 8:00-2:00. For more information, call Public Works at 860-228-2871.

Tax Abatement Applications Available

Applications for property tax abatements are available to Hebron residents. There is a town ordinance that defers property taxes when those taxes exceed 8 percent of total household income from any source. For example, if the total household income from any source totals \$30,000, the property tax liability would be capped at \$2,400. The abatement would be for any property taxes that exceeded \$2,400. The abatements would apply to the upcoming tax year beginning July 1. Under the ordinance, taxes that are abated would be repaid when a property is sold or transferred through probate. Abated taxes would accrue at an interest rate of 1.5%, significantly less than what is charged for delinquent taxes (18%). Those interested in the program can request an application by calling the town manager's office at 860-228-5971. Applications will be mailed upon request. The application deadline is June 1.

Clothing Drive at Old Town Hall

The Hebron Historical Society will collect bagged clothing at Old Town Hall, 26 Main St., on **Friday, April 14, from 4-6 p.m., and Saturday, April 15, from 9-11 a.m.** There will be a truck present for people to drop contributions. The clothing drive is an important fundraising activity for the historical society. People from any town are welcome to contribute to the Clothing Drive. The Hebron Historical Society welcomes any type of clean textiles. Accepted are outgrown or no-longer-wanted children's, women's and men's clothing, including winter jackets, hats, mittens and boots. Bathroom towels, bedroom sheets, blankets and pillows, household curtains and tablecloths are welcome, as are accessories like purses, wallets and backpacks. For more information on the Hebron Historical Society, visit hebronthistoricalsociety.org

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 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 - (35-39 it must be 1st mammogram)
- 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.

Hebron Senior Center Happenings.....April 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
3 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	4 9:00–3:00 Exer rm 10:00–11:30—Knitting/Crocheting/Needlework 11:00–11:45—Food Bank 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	5 8:30—Comm on Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping at Big Y 10:15–11:15—Meditation 10:15—Yoga via video (Yoga With Adriene) 11:50-12:30—Lunch Passover begins at sundown	6 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 <i>Full Moon</i>	7 GOOD FRIDAY SENIOR CENTER CLOSED
10 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 10:15–11:15—Yoga 11:50–12:30—Lunch	11 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:00 Food Truck—must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	12 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 11:15-3:00—Bus Trip to Whey Station(ary) 11:50–12:30—Lunch	13 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	14 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
17 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—A Man Called Otto	18 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:00–11:45—Food Bank - must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	19 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 10:15–11:15—Meditation 11:50-12:30—Lunch 2:00 Chatham Health Presentation 2:30-4:00—RHAM Bingo	20 9:00–3:00 Exer. Rm 10:10–11:45—Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	21 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
24 9:00–3:00 Exer. Rm 9:00-3:00—Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA (April 24 OR May 1st) 10:15–11:30 Technology Assist 11:50–12:30—Lunch	25 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:00 Food Truck—must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	26 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 12:00–1:00—Free Lunch and Learn—Warning Signs of Dementia sponsored by Marlborough Health Center	27 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	28 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
May 1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO Yoga 11:50–12:30—Lunch	May 2 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:00–11:45—Food Bank-must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	May 3 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 11:50-12:30—Lunch	May 4 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	May 5 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

HEBRON COMMUNITY RENEWAL TEAM APRIL 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
3	Grape Juice Vegetarian Lasagna Vegetable Medley Wheat Bread Fresh Fruit	4	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Florets Dinner Roll Fresh Fruit	5	CRT Spring Holiday Meal Orange Juice Glazed Holiday Baked Ham Cut-Up Sweet Potatoes Green Beans Cornbread Loaf Apple Crisp	6	Beef N Bean Chili w/ Baked Potato Sliced Carrots Oatnut Bread Fresh Fruit
10	100 % Fruit Punch Juice Vegetable Omelet w/ Cheese Sauce Lyonnaise Potatoes Summer Squash 12 Grain Bread Fruited Yogurt Cup	11	American Chop Suey w/ Elbow Pasta Vegetable Medley Wheat Dinner Roll Fresh Fruit	12	Smothered Grilled Chicken Breast Parslied Egg Noodles Spinach Oatnut Bread Fresh Fruit	13	Roasted Pork Loin w/ Gravy Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Orange Cup
17	Stuffed Pepper w/ Tomato Sauce Pasta w/ Sauce Seasoned Cauliflower Wheat Bread Fresh Fruit	18	Country Vegetable Soup / Saltines Tuna Salad on a Kaiser Roll Potato Salad Sl Tomatoes & Lettuce Fresh Fruit	19	Oven Baked Chicken Garlic Mashed Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit	20	National Banana Dessert Day Orange Juice Roast Beef w/ Gravy Seasoned Baby Potatoes Peas & Diced Carrots Wheat Dinner Roll Frosted Banana Cake
24	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Mustard, Relish Smoked Baked Beans 4-Way Vegetable Blend Fresh Fruit	25	Cheese Ravioli w/ Marinara Sauce Parmesan Cheese Italian Vegetables Italian Bread Fresh Fruit	26	Potato Crumb Fish w/ Tartar Sauce Mashed Potatoes Broccoli Normandy 12 Grain Bread Fresh Fruit	27	BBQ Beef Brisket Macaroni & Cheese Chuckwagon Vegetables 100 % Whole Wheat Bread Fresh Fruit

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.
The CRT 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.

You can be paid if you are a caregiver for someone age 65 or older



 **caregiver
homes**
from SeniorLink

Receiving a
tax-free
payment
twice a month

Support from
a registered
nurse and
social worker

You are eligible if:

- Living in the same home as the person you care for
 - Legally married spouses not eligible
- The person you care for has or is eligible for CT Medicaid or the State Funded program
- The person you care for requires help with some of the following activities on a daily basis:
 - Dressing
 - Bathing
 - Transferring
 - Medication
 - Feeding
 - Toileting
 - Walking
 - Supervision for a cognitive impairment (Ex. Alzheimer's or Dementia)

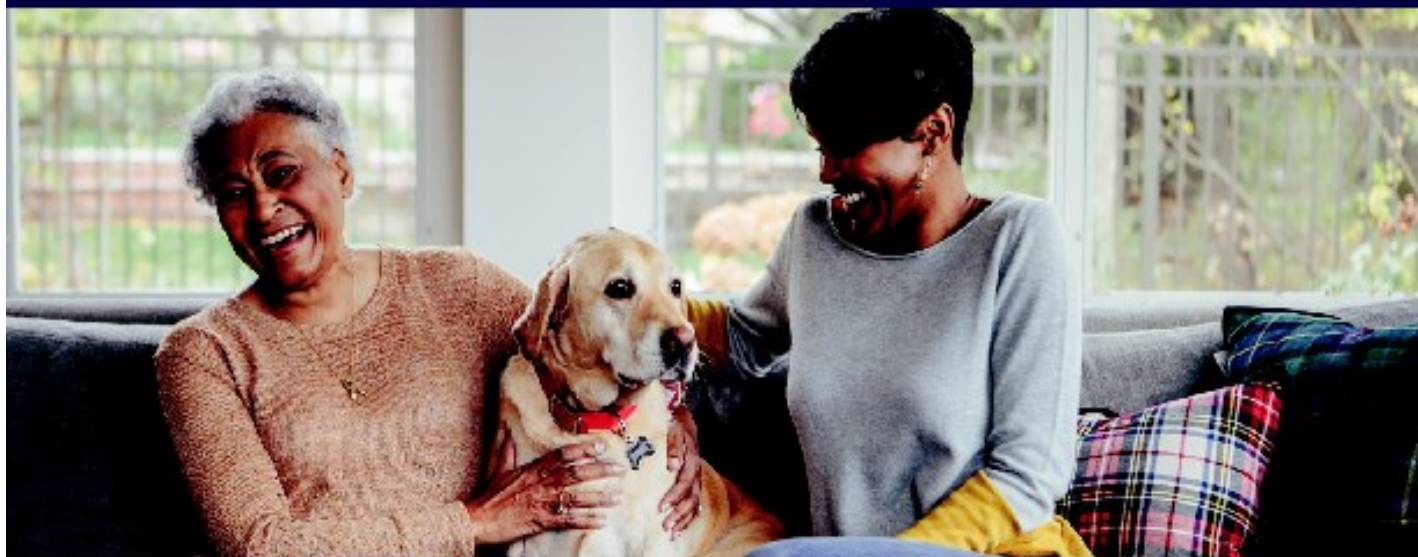
Visit Our Website or Call Us to Learn More
www.caregiverhomes.com

Candice - 860-550-1728
csmith@caregiverhomes.com

Allowing seniors to age in the comfort of their own home

ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

Free Programs That Are Open To The Community



10 Warning Signs and Caregiver Stress & Burnout

Saturday, March 25 10 a.m.-11:30 a.m.

**Colebrook Village
Hebron, CT**

Behaviors and Assistive Technology

Wednesday, May 17 5 p.m.-6 p.m.

**Colebrook Village
Hebron, CT**

Money Matters

Wednesday, September 20 5 p.m.-6:30 p.m.

**Colebrook Village
Hebron, CT**

Healthy Brain & Navigating the Holidays

Wednesday, November 8 5 p.m.-6:30 p.m.

**Colebrook Village
Hebron, CT**

To register please contact: Tonya Maurer 860.539.9287 or multitasking@comcast.net
You can also Visit alz.org/CRF to explore additional education programs in your area.



MS CONNECTICUT SENIOR AMERICA PAGEANT 2023

Seeking contestants

The Ms Connecticut Senior America Club is seeking contestants for its 2023 Pageant. Date is June 4, 2023 at the Elmwood West Hartford Senior Center with rehearsal dates on May 19 and June 2. Deadline for contestant applications is May 1, 2023 with an application fee of \$150.00. Contestants must be at least 60 years of age, citizens of the United States, and residents of Connecticut. The woman who is crowned will go on to participate in the Ms Senior America Pageant which will take place in Atlantic City New Jersey October 15-19, 2023.

The Ms Senior America Pageant began in 1979 with the belief that seniors are the foundation of America and our most valuable treasure. Ms Senior America gives honor to women who have reached the "Age of Elegance". It is a search for the gracious lady who best exemplifies the dignity, maturity, and inner beauty of all senior Americans. This is not a beauty pageant in the traditional sense, but one that looks also to inner beauty, grace and strength.

Contestants participate in four areas: interview, evening gown, philosophy of life, and talent. Each contestant shares her philosophy of life with the audience so that the judges may develop insight into each contestant's inner beauty. Whether it is singing, music, dance, comedy, drama, poetry, sewing, or any other special skill, the contestant's talent should demonstrate the ongoing gifts of today's senior women.

For more information and to request an on-line contestant application contact:

Debra A. Eccles

Ms CT Sr America 2021

203-435-4286 cell or email: Debra.eccles912@gmail.com

MsSenioramericaLLC.com

LIFE IS
BETTER
WITH A
FRIENDLY
NEIGHBOR.



**UR COMMUNITY CARES
OFFERS PEOPLE THE ABILITY TO GIVE
THEIR TIME, TO SERVE IN THEIR
TOWN AND IS COMMUNITY BASED!**



For older and
disabled
residents,
including
veterans

Local
volunteers
help directly in
people's homes
to give back

Sign up now at www.URCommunityCares.org
or call 860-430-4557

These are just a few ways that
UR Community Cares volunteers assist
their neighbors in need:

Household Tasks

- Wash inside windows
- Wash, fold, put away laundry, iron
- Clean, dust, organize
- Sweep, vacuum, mop floors
- Change linens
- Clean kitchen surfaces, appliances
- Decorate for holiday
- Prepare meal
- Water indoor plants, maintain plants
- Pet care, walk pets
- Bag up trash, recycling

Local Transportation

- Medical appointments
- Shopping trips
- Errands in town

Yard Work

- Water plants, mow, garden
- Shovel snow
- Rake leaves, clean up yard
- Trash
- Bring in mail, papers

Companionship

- Play board games, cards
- Socialization-in person/virtual
- Go for a walk
- Coach technology use



Participants are background checked.

UR Community Cares is the online platform to connect volunteers to people who need help at home.

Our mission: To connect people who need at-home help to remain independent, with those who want to provide assistance, in each community. We offer towns technology to connect their residents.

Our model: We provide a secure website, URCommunityCares.org, where individuals can enroll. When a need arises scheduling for help is convenient due to our automation. If someone does not have the Internet or a web-enabled device, they can be enrolled by someone else.

Who we help: Individuals age 70+ and/or age 18+ with a permanent or temporary physical disability.

Who helps us: Volunteers age 15+ donate their time based on their availability.

What supports us: Municipal funding, grant awards, sponsorships, fundraisers and donations from individuals and organizations.

What funds are used for: Background checks for the safety of participants, website security and maintenance, insurance, program and operational expenses.

UR Community Cares is a 501(c)(3) nonprofit organization.

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Sudoku

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

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

Dessert Recipes

EASTER DIRT CAKE

Ingredients

- 1 package Oreos
- 1 8 oz. bar Cream Cheese softened
- 1/2 cup butter or margarine softened
- 1 cup powdered sugar
- 1 large container Cool Whip or 16 oz. whipping cream
- 2 - 3.4 oz boxes Instant White Chocolate or Vanilla Pudding Mix
- 3 cups milk
- 1 tsp vanilla extract
- Easter candy PEEP bunnies, edible grass, candy Easter eggs

Directions

- Crush $\frac{2}{3}$ package of Oreos and place it in the bottom of a 9×13 pan. Set aside.
- Mix cream cheese and margarine (or butter) until smooth. Mix in powdered sugar and fold in whipped topping. Set aside.
- In a separate bowl mix pudding, milk, and vanilla. Fold this mixture in with the cream cheese mixture.
- Pour over the crumb mixture.
- Sprinkle with the reserve crushed Oreos. Let set for a few hours and keep refrigerated until ready to serve.
- Right before serving, top with bunny Peeps, edible grass, and Candy Easter Eggs.



EASTER OREO BARK

Ingredients

- 1 package vanilla candy coating
- 3/4 cup M&Ms Easter
- 3/4 cup Easter/Spring Oreos crushed
- Spring or Easter sprinkles
- Parchment paper

Directions

- Melt package of candy coating in a small pot on low heat – stirring constantly until all melted. Pour over a baking sheet lined with parchment paper.
- Sprinkle on crushed Oreos, M&Ms and sprinkles.
- Place in fridge for half hour-hour.
- Break into pieces
- Storage: You can store the bark in an airtight container at room temperature for up to 2 weeks. You can also freeze it for up to 6 months.



Recipes

Apricot-Glazed Bacon Spirals

Ingredients

- 1 tablespoon butter
- 1/2 cup finely chopped onion
- 3 tablespoons apricot preserves
- 1 tube (8 ounces) refrigerated crescent rolls
- 1 package (2.1 ounces) ready-to-serve fully cooked bacon

Directions

- Preheat oven to 375°. In a small skillet, heat butter over medium heat. Add onion; cook and stir until tender, 3-5 minutes. Reduce heat to low; add preserves. Cook and stir until melted.
- Unroll crescent dough into one long rectangle. Roll into a 15x9-in. rectangle, sealing seams and perforations. Cut crosswise into fifteen 1-in. strips; top each with one piece of bacon. Roll up jelly-roll style, starting with a short side; pinch seam to seal. Place on an ungreased baking sheet, cut side down.
- Spoon apricot mixture over each spiral. Bake until golden brown, 12-15 minutes. Let stand 5 minutes before serving. Refrigerate leftovers.



Garlic-Apple Pork Roast

Ingredients

- 1 boneless pork loin roast (3-1/2 to 4 pounds)
- 1 jar (12 ounces) apple jelly
- 1/2 cup water
- 2-1/2 teaspoons minced garlic
- 1 tablespoon dried parsley flakes
- 1 to 1-1/2 teaspoons seasoned salt
- 1 to 1-1/2 teaspoons pepper

Directions

- Cut the roast in half; place in a 5-qt. slow cooker. In a small bowl, combine the jelly, water and garlic; pour over roast. Sprinkle with parsley, salt and pepper.
- Cover and cook on low until meat is tender, 8-10 hours. Let stand for 15 minutes before slicing. Serve with cooking juices if desired.



Parmesan Baked Potatoes

Ingredients

- 6 tablespoons butter, melted
- 3 tablespoons grated Parmesan cheese
- 8 medium unpeeled red potatoes (about 2-3/4 pounds), halved lengthwise

Directions

- Pour butter into a 13x9-in. baking pan. Sprinkle Parmesan cheese over butter.
- Place potatoes with cut sides down over cheese.
- Bake, uncovered, at 400° for 40-45 minutes or until tender.



Spring

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

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET