

2023

Hebron Senior Center Newsletter

MAY

RUSSELL MERCIER SENIOR CENTER
12 Stonecroft Drive, Hebron, CT 06248
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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

Bridging the Digital Divide—Get Your Technology Questions Answered



Wednesday, May 17th at 10:30am, please join us as we welcome William Seaman from NEAT (New England Assistive Technology) as he gives an overall presentation on technology; tech support for existing or new devices, learning about built-in device accessibility features (talk to text, text to speech), learning about social media or virtual platforms like Zoom; connecting individuals to community resources, and much more. He will also then be available to set-up one to one appointments for your specific questions and needs. This



will be a very informative presentation, especially if you think technology is not for you or you have reservations, but if you're already confident in using technology, this will still be good for you because there's always new tips to learn. To sign-up, please call 860-228-1700. Bring your device (if you're able).

*****Adopt a Plot – Beautify the Senior Center*****

Got a green thumb? Would you like to help beautify the Senior Center? We have 4 x 4 plots (general size) available to adopt. Create a beautiful spot with flowers and maintain throughout the season. Please contact Linda at the Senior Center for more questions or to adopt your plot, 860-228-1700.

Chatham Health Monthly Presentation - Before RHAM Bingo

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 May it will be at **2:00pm on Wednesday, May 17th** and the topic will be on mental health. 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, May 17th 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. This the last of the year.

Bus Trip for Lunch

Wednesday, May 24th, depart at 11:30am and return approximately 2-2:30pm. Cotton Hollow Kitchen. Nestled in the heart of the South Glastonbury business district, Cotton Hollow Kitchen has built a solid reputation for taking comfort food standards and giving them a fresh and upscale new take. There's something for everyone on our menu and we like to have influences from lots of different areas, Mediterranean, Spanish, Italian, Asian. They will be able to do separate checks, but having cash is always recommended just in case. Transportation \$5, lunch on your own. Space is limited, please sign-up by calling 860-228-1700.

Movie Monday

Monday, May 15th-12:45— 80 for Brady—Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon—Chicken stir-fry, white rice, broccoli, wheat bread, and fresh fruit. To sign-up for the movie OR lunch and the movie call 860-228-1700.



**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, May 3, 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, May 9th & 23rd — 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, May 2nd, 16th & 30th – 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.

Shopping Trips

There will be a trip to Schedule: Walmart May 5th and May 26th, Big Y May 12th, Stop and Shop May 19th. Pre- registration is required by Thursday at 10am. Please call 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

Fun with Stitches Open Quilting Group

Calling all quilters, **May 5th and 19th (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. **May 12th and 26th (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 new session will begin Monday, May 8th through June 26th**. 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—12:45pm – 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. 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, May 3rd 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 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.

PLANNING AHEAD

Watercolors Painting Class—Friday, June 23rd and June 30th 12:15—2:15pm, \$20 for the class. Join Audrey Carroll as she leads another painting class. 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. Details of the painting subject in the June newsletter. Supply list available before the class.

Stop & Smell the Roses... Wednesday, June 21st a trip to Elizabeth Park in Hartford to view the beautiful gardens, including the infamous roses. This trip will include time for lunch. Details in the June newsletter since some areas have yet to fully open for the season. Depart 9:30am and return approximately 2-2:30pm. Transportation \$5, lunch on your own. Space limited, sign-up 860-228-1700.

Programs and Activities

BINGO - Thursday Afternoons

Thursdays 1:00—3:00pm. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. BYOB (Bring Your Own Beverage). No food or beverage provided. Sign-up is required if it's the first-time attending and you must complete the senior center membership paperwork (free to be a member). We ask everyone to check-in each week at the kiosk. To sign-up to play or volunteer to call games, please call 860-228-1700.

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.

Massage Therapy

Every Monday & Thursday beginning May 1st, massage therapist, **Beverly Williams** offering 25minute or 50 minute chair/table or hot stone massages for \$25/\$50 accordingly, Mondays 9:00am—3:00pm (last appointment at 2:30pm if 25min appt.) and Thursdays 11:30-3:30pm (last appointment at 3:00pm if 25 min appt.) To make an appointment, please call 860-228-1700.

The Renters' Rebate Program

State law provided a property tax credit program for Connecticut homeowners who are age 65+ or totally disabled and whose incomes do not exceed certain limits

Likewise state law provides a reimbursement program for Connecticut 65+ and totally disabled renters. The filing period for this program is April 1 through October 1. Applications will be taken by appointment by calling the Senior Center at 860-228-1700. Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, other home heating expenses, and water; excluding telephone, cable or pay TV, or garbage removal) made in the calendar year prior to the year of applications - for example, when applying in 2023, we would be looking at income and expenses for calendar year 2022.

To apply in 2023, applicants must have been age 65+ by the end of 2022. For couples, only one individual must be 65+. If an individual who was 65+ and previously qualified for the Renters' Rebate Program passes away, a surviving spouse who is age 50+ is eligible to apply

The maximum income limit for the Renters' Rebate Program is \$49,100 for couples and \$40,300 for single persons. "Income" is defined as taxable and non-taxable income from, but is not limited to –

- Net Social Security (Box 5 from the 2021 SSA 1099)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- IRA distributions
- Lottery winnings, payment for Jury Duty (excluding travel allowance)
- Net income from sale or rental property (however, do not include depreciation from 1040 Schedule E)
- Alimony
- Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)
- Net proceeds from Legal Settlements, Cancellation of Debt
- If a Federal Income Tax Return was filed for 2022, a copy must be provided

Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with the corresponding Schedule E or Schedule C, whichever is applicable, showing the rental income received from the Renters' Rebate applicant

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

May 6th—Plant Sale (HIHS) During the Day

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)

July 15th—Chicken BBQ (Marlborough Food Bank)

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.

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

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

TTCP's "Brimfield Lite," centrally located downtown Hebron, 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: May 6th 10am—3pm. 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."

Hebron Senior Center Happenings.....May 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
May 1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 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 8:30 Comm. on Aging 9:00–3:00 Exr. 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 11:30-3:30—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—Walmart 10:15–12:15– Fun with Stiches Quilting Group
8 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—New Session 11:50–12:30—Lunch	9 8:00–1:15 Mobile Mam-mography 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	10 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	11 9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Mother’s Day Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	12 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
15 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 12:45—Movie—80 for Brady	16 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	17 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 10:30—Tech Talk w/ William 11:50-12:30—Lunch 2:00 Chatham Health Presentation 2:30-4:00—RHAM Bingo (last of the year)	18 9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	19 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
22 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	23 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	24 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Meditation 10:15—Yoga via video (Yoga With Adriene) 11:30-2:30 Bus Lunch Trip 11:50-12:30—Lunch	25 9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	26 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
29 CLOSED MEMORIAL DAY 	30 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	31 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	June 1 9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	June 2 NO Exercise or Quilting on this date. ONLY TRANSPORTATION and SHOPPING 10:00am Shopping—Big Y

HEBRON MAY 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wheat Brd Fresh Fruit	2	Chicken Parmesan Pasta w/ Sauce Yellow Squash Garlic Knot Fresh Fruit	3	Cracker Crumb Haddock Rosemary Potatoes Baby Carrots /Tartar Sce 100 % Whole Wheat Brd Fresh Fruit	4	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit
8	BBQ Pork Tater Tots Ketchup Green Beans 100 % Wh Wheat Brd Fresh Fruit Chocolate Pudding	9	Sliced Turkey American Cheese on Sandwich Roll Shredded Lettuce & Tomato Mayo & Mustard Packet Fresh Fruit Yogurt Cup	10	Baked Ham Potato Salad Peas & Carrots 12 Grain Bread Fresh Fruit	11	CRT Celebrates Mother's Day Orange Juice Quiche Lorraine Wedge Seasoned Diced Potatoes Asparagus Wheat Bread Cheesecake Brownie
15	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	16	Grape Juice All-Beef Hot Dog Hot Dog Bun / Ketchup, Mustard, Relish Smoked Baked Beans Mixed Veggies Cookie	17	Vegetable Lasagna Zucchini Garlic Knot Fresh Fruit	18	Clam Chowder Crab Cake / Tartar Sce Coleslaw Sweet Potato Fries Ketchup / Oyster Crackers Fresh Fruit
22	Vegetable Soup Plain Hamburger on Hamburger Bun Potato Wedges Shred Lettuce & Sl Tomato / Ketchup & Mayo Pkts / Fresh Fruit	23	Teriyaki Chicken Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fresh Fruit	24	Celebrate Strawberries Orange Juice Turkey Pot Pie w/ Peas & Carrots Brussel Sprouts 100 % Whole Wheat Brd Strawberries w/ Biscuit and Topping	25	Ricotta Stuffed Shells w/ Marinara Sauce California Blend Veggies Dinner Roll Fresh Fruit
29	CRT Closed In Observance of the Holiday	30	Potato Fish Potato Wedges / Ketchup California Vegetables Garlic Knot Fresh Fruit	31	Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus 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 menu is subject to change due to the 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



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.

Sudoku

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

How to play

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

SOLUTION

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

Dessert Recipes

M&M Brownie Cookies

Ingredients

- 18 ounces brownie mix (1 box)
- 2 large eggs, room temperature
- ¼ cup unsalted butter, melted (½ stick)
- 1 cup mini M&M's

Directions

- Line a baking sheet with parchment paper. Set aside.
- In a large bowl, stir the brownie mix, eggs, butter, and M&M's together until combined.
- 18 ounces brownie mix, 2 large eggs, ¼ cup unsalted butter, 1 cup mini M&M's
- Tightly cover the bowl of cookie dough and refrigerate for 30 minutes. While the dough is chilling, preheat oven to 350°F.
- Once the dough is chilled, scoop a heaping tablespoon worth of brownie dough onto a baking sheet. Repeat to have 6 cookies on a medium baking sheet or up to 12 on a large sheet, leaving at least 2 inches between each cookie.
- Bake for 11-12 minutes or until the edges are set.
- Allow cookies to cool on the sheet pan for 5 minutes, then transfer to a cooling rack to cool completely. Repeat with the remaining dough.



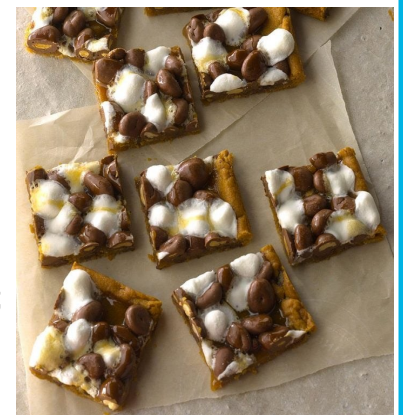
Goey Chocolate-Peanut Bars

Ingredients

- 1 package (16-1/2 ounces) refrigerated chocolate chip cookie dough
- 2 cups chocolate-covered peanuts
- 1 cup miniature marshmallows
- 1/2 cup butterscotch ice cream topping

Directions

- Press cookie dough into an ungreased 13x9-in. baking pan. Bake at 350° for 14-16 minutes or until edges are lightly browned and center is set. Sprinkle with peanuts and marshmallows; drizzle with ice cream topping.
- Bake 6-8 minutes longer or until marshmallows are puffed. Cool completely and cut into bars.



Recipes

Pimento Cheeseburgers Recipe

Ingredients

- 1 pound ground chuck or favorite burger mix
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¾ cup pimento cheese spread homemade or store-bought.
- 4 burger buns toasted

What are pimentos? - a type of pepper with a sweet flavor and very little heat

Directions

- Divide and cook the ground chuck into 4 burger patties. Click [HERE](#) for how to cook burgers on the stove. (or [HERE](#) for grilling, and [HERE](#) for broiling in the oven)
- When the burgers are almost done, remove from the heat.
- Top with ¼ cup pimento cheese spread and place the lid on the pan. Leave the lid on the pan 1 minute or until the cheese is heated through and melting.
- Place the burgers on the buns, add the toppings/condiments and serve.

Homemade Pimento Cheese

- 1 pound Colby cheese shredded or grated
 - 4 ounce jar chopped pimentos including juice
 - 2 tablespoons white sugar
 - 1 tablespoon white or apple cider vinegar
 - 2 tablespoons mayonnaise not Miracle Whip
- Directions—mix together and store in airtight container in the fridge for up to 10 days



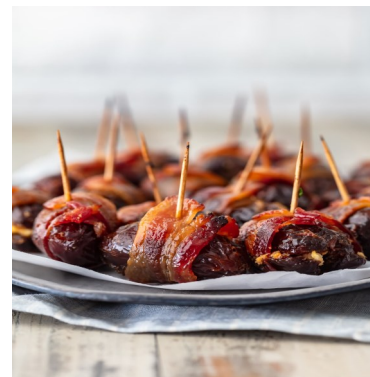
Bacon Wrapped Dates with Goat Cheese

Ingredients

- 9 slices bacon halved
- 18 medjool dates pitted
- 4 ounces goat cheese
- ¼ cup dark brown sugar

Directions

- Heat oven to 375°F and set the oven rack to middle position. Line a rimmed baking sheet with foil and spray the foil with nonstick cooking spray.
- Open the dates lengthwise where they have been opened to remove the pits. If a date isn't easy to open, slice it lengthwise but not all the way through.
- With a small spoon, partially fill the cavity of both sides of the date with goat cheese.
- Wrap each date with ½ half slice of bacon and secure with a toothpick. *Note: The bacon will crisp better if wrapped around the date in one layer.
- With the toothpick, dip each prepared date in brown sugar and press the brown sugar all around the date.
- Place the date on the prepared baking sheet and repeat until all dates have been filled.
- Bake the dates at 375°F for 10 minutes. Remove from the oven and turn the dates over. Bake an additional 8 minutes. To caramelize the brown sugar on the dates, set the oven to broil and broil the dates about 1 minute per side. Watch the dates closely once the dates are under the broiler.
- Remove the pan to a cooling rack and set the dates on a plate to cool to touch.



Pesto Pasta & Potatoes

Ingredients

- 1-1/2 pounds small red potatoes, halved
- 12 ounces uncooked whole grain spiral pasta
- 3 cups cut fresh or frozen green beans
- 1 jar (6-1/2 ounces) prepared pesto
- 1 cup grated Parmigiano-Reggiano cheese

Directions

- Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 8-10 minutes. Drain; transfer to a large bowl.
- Meanwhile, cook pasta according to package directions, adding green beans during the last 5 minutes of cooking. Drain, reserving ¾ cup pasta water; add to potatoes. Toss with pesto, cheese and enough pasta water to moisten.



FLOWERS

Find and circle all of the flowers that are hidden in the grid. The remaining letters spell a secret message - a quotation from Romeo and Juliet.

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P L A V E N D E R A C R O A R A O S A
Y I A I N U T E P E D A N E E E R D R
S U L O I D A L G O G T L S W G C L E
I C B U Y A N T R Y H N K I O N H O B
A H A S T E R N O U N C I Y L A I G R
D R E H T A E H R N O O A G F R D I E
F Y E O B D D I H H E L E L N D B R G
O S T W L I U E Y T S M I P R Y E A A
X A A O O M R L L T N S T H O H L M M
G N G I E L L D R P I I R E C S L N A
L T F A S O F O O A H K C M G I F D R
O H U E H E E N N F C I C A W R L A Y
V E C O U M E T U O P A N E Y I O F L
E M H L E D H R T S L A R I S H W F L
C U S R S U M S F L E L R N U O E O I
I M I L S G E R A N I U M A A M R D S
T A A H T A E R B S Y B A B D T A I S
A S I T A M E L C W O R R A Y I I L S
T E L O I V B O U V A R D I A W S O E
S L I L Y S N A P D R A G O N E T E N
    
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ALSTROEMERIA
 AMARYLLIS
 ANTHURIUM
 ASTER
 BABY'S BREATH
 BELL FLOWER
 BIRD OF PARADISE
 BOUVARDIA
 CALLA
 CARNATION
 CHRYSANTHEMUM
 CLEMATIS

CORNFLOWER
 DAFFODIL
 DAISY
 DELPHINIUM
 FORGET-ME-NOT
 FOXGLOVE
 FREESIA
 FUCHSIA
 GERANIUM
 GERBERA
 GINGER
 GLADIOLUS

GOLDEN ROD
 HEATHER
 HOLLYHOCKS
 HYACINTH
 HYDRANGEA
 IRIS
 LAVENDER
 LILAC
 LILY
 LISIANTHUS
 MARIGOLD
 ORCHID

PANSY
 PEONY
 PETUNIA
 ROSE
 SNAPDRAGON
 STATICE
 STOCK
 SUNFLOWER
 TULIP
 VIOLET
 YARROW