

2023

Hebron

Senior Center Newsletter

July

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

We are closed on Tuesday, July 4th

Movie Monday(s)

Monday, July 17th -12:45— Book Club—The Next Chapter—Four best friends (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Then on **Monday, July 31st** step back in time to watch the 1942 movie, **Woman of the Year** starring Katherine Hepburn: Rival reporters Sam and Tess fall in love and get married, only to find their relationship strained when Sam comes to resent Tess' hectic lifestyle. Come early and sign-up for lunch (by Friday at 10:00am) lunch served at Noon (\$3—see menu on page 8). To sign-up for the movie OR lunch and the movie call 860-228-1700.

Chatham Health Monthly Presentation

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Tuesday of the month. In July it will be **Tuesday, July 18th at 12:15pm**. The topic will be Outdoor Safety and Exercise. There will be raffle prize giveaways for the participants. If you'd like, come a few minutes earlier and sign-up for lunch (\$3) at noon (see the menu on page 8). To register, call 860-228-1700.

Rock Painting and Pizza



Join us on **Wednesday, July 19th from 10:30am-12:30pm** to decorate river rocks. You can free hand paint your rocks or decoupage them with uplifting quotes/pictures. You can take your rock with you or leave it here at the senior center to start our "Russell the rock snake". This is an inter-generational activity for you and your grandkids (or not). We will then have a pizza party lunch at noon. Cost is \$8 for one adult and one child, \$5 for one adult, and \$3 for each additional child. You must pre-register by Monday, July 17th by calling 860-228-1700.



Plan Ahead—Summer Send-Off Shindig

Join us on **Wednesday, August 23rd 11:15am-1:30pm**, for a summer send-off party. Doors will open at 11:15am to have some fun playing corn-hole, ax throwing, or just socialize. Lunch will be served at Noon—roasted chicken leg, potato and macaroni salad, chips, dessert, lemonade and iced tea. THEN we will have entertainment provided by Bruce John from 12:30-1:30pm. Bruce was co-founder and owner of the iconic Shaboo Inn, a popular Willimantic nightclub in the seventies. He performs all over the state for all ages and is a well known performer. Bruce John has a music catalog of over 400 songs so his show is an eclectic mix of songs, something for everyone. The cost for the event is \$10. Pre-registration is required and the deadline to sign-up is Friday, August 18th, 860-228-1700



Social Worker Corner

Two New Programs Coming soon

Caregiver Support group and **Coffee Chat with the Social Worker**. Time and day to be determined depending on interest. Please contact Michele to express your interest or for any questions, 860-228-1700 ext 204

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, September 13th, 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, July 18th — 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, July 11th & 25th – 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.

Weekly Shopping Trips

There will be a trip to: Walmart/aldis July 7th and 28th, Big Y July 14th, Stop and Shop July 21st. 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 8

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. Hebron/Amston Residents. 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, **July 7th & 21st (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. **July 14th & 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. There WILL BE class on Monday, July 3rd. 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. There will be NO Yoga Monday, July 3rd and the **next new sessions will begin Monday, July 10th-August 28th (8 sessions) \$24**. 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 (July 11th date moved to Thursday, July 13th in the library). 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, July 5th 10:15-11:15am and Thursday, July 20th (10:00am-11:00am). 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.

BUS LUNCH TRIPS

Dessert—Wednesday, July 12th leaving at 12:30 returning approximately 2:30 to Stearns Farm Stand in Storrs for fresh made Ice cream/Dessert and shopping at their farm stand. Transportation cost is \$3. Space limited, to sign-up 860-228-1700.

Lunch—Wednesday, July 26th leaving at 11:15 returning approximately 2:15 to the Portland Ale House in Portland. Great food in a relaxing atmosphere. And maybe a stop at Dairy Queen on the way home. Transportation is \$5. To sign-up, please call 860-228-1700.

PLANNING AHEAD

Ice Cream Social—Tuesday, August 1st 12:30pm, hosted by Marlborough Health & Rehab Center. Join us to make your own ice cream sundae with toppings. This event is free, but need to pre-register by Friday, July 28th, 860-228-1700.

Bus Trip—Wednesday, August 16th—Location TBD by mid-July. Please call after July 17th for location.

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—massage therapist, **Beverly Williams** offering 25 minute 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.

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.

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

HEBRON FARMERS MARKET

FIRST SATURDAY OF THE MONTH // 9:00 - 12:00 PM

HEBRON ELEMENTARY SCHOOL

GET TO KNOW YOUR LOCAL FARMER AT YOUR MARKET. YOU CAN CONNECT WITH NEIGHBORS, HAVE ACCESS TO THE FRESHEST INGREDIENTS, AND EXPERIENCE THE UNBEATABLE FLAVOR OF THE SEASON!

- LIVE ENTERTAINMENT BY LOCAL MUSICIANS
- SOCIALLY DISTANCED OUTDOORS
- MEAT, VEGETABLE, DAIRY AND FRUIT PRODUCTS FROM LOCAL FARMS

FIND OUT MORE ABOUT VENDORS AND EVENTS AT
HEBRON FARMERS MARKET'S FACEBOOK PAGE

FIND OUT MORE ABOUT LOCAL FARMS AT: GROWNCONNECTED.ORG



Bring this postcard on day to be entered into for a farm giveaw

Hebron Farmers Market Dates

First Saturday of the month June—October

July 1st
August 5th
September 2nd
October 7th

St. Peter's Church Monthly Dinners/Activities

30 Church St. (Rte. 85)

4:00-6:00pm—Dinners/Drive Thru (while supplies last)

Cost \$15—Dinner proceeds donated to various groups

July 15th—Chicken BBQ (Marlborough Food Bank)

September 16th—Turkey Dinner (Flying Free Therapeutic Riding)

October 7th & 8th—Harvest Festival—Luncheon with chicken, tuna, and egg salad sandwiches, hot dogs, and chowder (Hebron Historical Society)

AHM Annual Golf Tournament

All are invited to AHM Youth and Family Services' 20th annual Charity Golf Tournament on Friday, July 21, at Blackledge Country Club in Hebron. With the support of players and sponsors, this event benefits the mental health, drug prevention, and youth & family services AHM provides for local children, teens, young adults, families and seniors. Cost per player is \$125. Registration includes 18 holes of golf, hole-in-one contests, morning and midday snacks, a swag bag with a commemorative 20th Anniversary AHM hat, a luncheon & hot dog cart provided by Ted's IGA, and more. Visit ahmyouth.org/fundraisers-events/charity-golf-tournament to register.

CHOREs Program Starting Up

AHM Youth and Family Services' CHOREs program is starting back up for the summer. CHOREs is a paid program that provides local seniors assistance from teens (ages 14-18). Teens are able to sign up for jobs that not only help out their local seniors with various outdoor tasks, but they also get paid for doing so. The joy on the senior's face after being helped is always a reward in itself. That is only part of what the program offers. CHOREs also offers teens a chance to gain experience managing job responsibilities and preparing them for future employment. Please reach out to Kristina Smith KristinaH@ahmyouth.org, to join this AMAZING program

Transfer Station Summer Hours

Summer hours—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.

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.

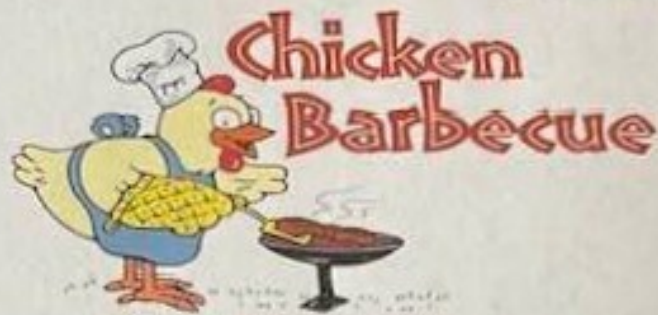
Celebrate Pride

The new group Small Town Pride and Douglas Library are collaborating to host Hebron's first-ever Pride event, "Celebrate Pride," on Friday, June 30, from 5-8 p.m., in the community room at Douglas Library, 22 Main St. LGBTQ+ community members and allies, of all ages, are welcome. There will be vendors, wood flag painting, a Safe with Me station, a Storybook Corner, and more. All are also invited to meet at the Town Hall gazebo at 4:45 p.m. to help kick off the celebration by walking across to the library

New Fraud Alert Service

The Hebron town clerk's office has announced a new free service for residents. With Fraud Alert, Hebron residents can sign up to receive alerts whenever a document, such as a mortgage, lien or deed is recorded in the Hebron land records. Visit the town clerk's page on the Hebron town website, www.HebronCT.com, to sign up.

HEBRON AMERICAN LEGION



CHICKEN DINNER "TO FLY" PACKAGED TO GO

18 MAIN ST HEBRON

SATURDAY JULY 29th 12:30 PM TO 3 PM

HALF BARBEQUE CHICKEN, CORN BREAD,
PASTA SALAD AND COLE SLAW

ADVANCE TICKETS \$15

To Reserve your dinner
CONTACT JOE FETTA 203-848-5913 OR
RON PARKYN park1969@comcast.net

LIMITED TICKETS AVAILABLE AT DRIVE UP
DRIVE IN LIBRARY REAR PARKING LOT
FOR OUTSIDE PICK UP

PLEASE HAVE EXACT CHANGE OR CHECK MADE OUT TO:
AMERICAN LEGION POST 95
THANKS FOR SUPPORTING LOCAL VETERANS

Hebron Senior Center Happenings.....July 2023

To register for programs/lunch—please call 860-228-1700 to sign-up

Transportation call 860-228-1700 ext. 201

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:00–2:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-2:00—Massage NO YOGA 11:50–12:30—Lunch</p>	<p>4</p> <p>CLOSED JULY 4TH</p> 	<p>5</p> <p>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</p>	<p>6</p> <p>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</p>	<p>7</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness 10:15–12:15– Fun with Stiches Quilting Group 10:00am Shopping— Walmart & Aldi's</p>
<p>10</p> <p>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—NEW Session Yoga 11:50–12:30—Lunch</p>	<p>11</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00 Food Bank - must pre-register 11:50–12:30—Lunch 1:00–2:15 NO Stamping MOVED TO THURSDAY the 13th this week only 1:00–3:15 Hand & Foot</p>	<p>12</p> <p>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 12:30-2:30—Bus Trip Stearns Farm Stand for Ice Cream & shopping</p>	<p>13</p> <p>9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00–2:15 Stamping (in Library) 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>14</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping— Big Y 10:15–12:15—Created to Create Open Art Time</p>
<p>17</p> <p>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—The Book Club—The Next Chapter</p>	<p>18</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00–11:45—Food Truck— must pre-register 11:50–12:30—Lunch 12:15 Chatham Health Pres 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta</p>	<p>19</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA 10:30-12:30 Special Event— Intergenerational Rock Paint- ing & Pizza 11:50-12:30—Lunch</p>	<p>20</p> <p>9:00–3:00 Exer. Rm 10:00–11:00—Meditation 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</p>	<p>21</p> <p>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</p>
<p>24</p> <p>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</p>	<p>25</p> <p>9:00–3:00 Exer. Rm 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</p>	<p>26</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 11:15–2:15 Bus Trip for Lunch at Portland Ale House 11:50-12:30—Lunch</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping—Walmart 10:15–12:15—Created to Create Open Art Time</p>
<p>31</p> <p>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—Woman of the Year</p>	<p>AUGUST 1</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00–11:45—Food Truck— must pre-register 11:50–12:30—Lunch 12:30—Ice Cream Social 1:00–2:15 Stamping 1:00–3:15 H & F Canasta</p>	<p>AUGUST 2</p> <p>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</p>	<p>AUGUST 3</p> <p>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</p>	<p>AUGUST 4</p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Shopping— Big Y 10:15–12:15– Fun with Stiches Quilting Group</p>

HEBRON'S COMMUNITY RENEWAL TEAM JULY 2023 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 <u>Nat'l Beans'n'Franks Day</u> Orange Juice All-Beef Hot Dog / Bun Ketchup, Must, Relish Baked Beans Coleslaw Wholegrain Fruit Bar	4 CRT Closed In Observance of the Holiday Happy Fourth of July !	5 Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wheat Bread Fresh Fruit	6 Chicken Parmesan Pasta w/ Sauce Yellow Squash Garlic Knot Fresh Fruit
10 Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	11 <u>National Sugar Cookie Day !</u> 100 % Fruit Punch Juice Cold Baked Ham & American Cheese Sandwich on Soft Roll Shredded Lett & Tomato / Must, Mayo / Potato Salad Sugar Cookie	12 Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	13 Orange Juice Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus 100 % Whole Wheat Bread Wholegrain Fruit Bar
17 Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit / Yogurt Cup	18 Boneless Chicken Marsala Pesto Pasta Italian Style Vegetables Garlic Knot Fresh Fruit	19 Clam Chowder Crab Cake / Tartar Sauce Coleslaw Potato Puffs Saltine Crackers Fresh Fruit	20 Plain Beef Burger on Hamburger Bun Potato Wedges / Ketchup Must, Mayo / Lettuce & Tom / Fresh Fruit
24 100% Fruit Juice Punch Grande Cheese Raviolis with Marinara Sauce / California Blend Veggies Garlic Knot Vanilla Pudding	25 Barbequed Pork Tater Tots w/ Ketchup Green Beans 100 % Whole Wheat Bread Fresh Fruit	26 Salad Greens w/ Ham / Hard Boiled Egg / Red Onions / Cherry Tomatoes / Cuc Ranch Dressing / Bread Stick Fresh Fruit Cookie	27 Italian Combo (Salami / Beef Bologna/ American Cheese) on Grinder Roll / Shredded Lettuce & Toms / Mustard / Mayo / Potato Salad Fresh Fruit
31 Teriyaki Chicken Vegetable Fried Rice Asian Vegetable Blend Garlic Knot 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.

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

Sudoku

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

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

Dessert Recipes

Chocolate-Peanut Cheesecake Bars

Ingredients

- 1 package (17-1/2 ounces) peanut butter cookie mix
- 1/4 cup butter, melted
- 1 cup chopped salted peanuts
- 2 packages (8 ounces each) cream cheese, softened
- 1 cup sugar
- 2 large eggs, beaten
- 1 teaspoon vanilla extract
- ganache:
- 4 ounces semisweet chocolate, chopped
- 1/2 cup heavy whipping cream

Directions

- Preheat oven to 350°. In a large bowl combine the cookie mix and butter; stir in peanuts. Press onto the bottom of a greased 13x9 -in. baking pan. Bake until edges are lightly browned, 10-12 minutes.
- Meanwhile, in a large bowl, beat cream cheese and sugar until smooth. Add eggs and vanilla; beat on low speed just until combined. Pour over crust.
- Bake until center is almost set, 15-20 minutes. Cool on a wire rack for 1 hour. Refrigerate for at least 2 hours.
- Place chocolate in a small bowl. In a small saucepan, bring cream just to a boil. Pour over chocolate; whisk until smooth. Cool, stirring occasionally, to room temperature or until ganache reaches a spreading consistency, about 40 minutes. Spread over top. Refrigerate until firm. Cut into bars. Refrigerate leftovers.



Five-Minute Blueberry Pie

Ingredients

- 1/2 cup sugar
- 2 tablespoons cornstarch
- 3/4 cup water
- 4 cups fresh or frozen blueberries, thawed
- 1 graham cracker crust (9 inches)
- Whipped cream, optional

Directions

In a large saucepan, combine sugar and cornstarch. Stir in water until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes. Add blueberries. Cook for 3 minutes, stirring occasionally. Pour into crust. Chill. Garnish with whipped cream if desired.



Recipes

Summer Orzo Salad

Ingredients

- 1 package (16 ounces) orzo pasta
- 1/4 cup water
- 1-1/2 cups fresh or frozen corn
- 24 cherry tomatoes, halved
- 2 cups crumbled feta cheese
- 1 medium cucumber, seeded and chopped

Directions

- Cook orzo according to package directions for al dente. Drain orzo; rinse with cold water and drain well. Transfer to a large bowl.
- In a large nonstick skillet, heat 1/4 cup water over medium heat. Add corn; cook and stir until crisp-tender, 3-4 minutes. Add to orzo; stir in tomatoes, feta cheese, cucumber, onion, mint and, if desired, capers. In a small bowl, whisk oil, lemon juice, lemon zest, salt and pepper until blended. Pour over orzo mixture; toss to coat. Refrigerate 30 minutes.
- Just before serving, stir in almonds.

- 1 small red onion, finely chopped
- 1/4 cup minced fresh mint
- 2 tablespoons capers, drained and chopped, optional
- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 tablespoon grated lemon zest
- 1-1/2 teaspoons salt
- 1 teaspoon pepper
- 1 cup sliced almonds, toasted



Peach Caprese Salad

Ingredients

- 4 ounces fresh buffalo mozzarella cheese
- 2 cups torn leaf lettuce
- 1 medium peach, cut into wedges
- 1 large heirloom tomato, cut into wedges
- 1/2 cup loosely packed basil leaves
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon flaky sea salt
- 1/8 teaspoon coarsely ground pepper

Directions

Tear mozzarella into large pieces. On 2 large plates, arrange lettuce, peach wedges, tomato wedges, mozzarella and basil. Drizzle with olive oil and vinegar; sprinkle with salt and pepper.



Hawaiian Turkey Burgers

Ingredients

- 1 can (8 ounces) sliced pineapple
- 1/2 cup dry bread crumbs
- 1/2 cup sliced green onions
- 1/2 cup chopped sweet red pepper
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon salt
- 1 pound lean ground turkey
- 2 tablespoons reduced-sodium teriyaki sauce
- 4 sesame hamburger buns

Directions

- Drain pineapple, reserving 1/4 cup juice (discard remaining juice or save for another use); set pineapple aside. In a large bowl, combine the bread crumbs, onions, red pepper, soy sauce, salt and reserved pineapple juice. Crumble turkey over mixture and mix lightly but thoroughly. Shape into 4 patties.
- On a lightly oiled grill rack, grill, covered, over medium heat for 3 minutes on each side. Brush with teriyaki sauce. Grill 4-6 minutes longer on each side or until a thermometer reads 165° and juices run clear.
- Grill pineapple slices for 2 minutes on each side, basting occasionally with teriyaki sauce. Warm buns on grill; top each with a burger and pineapple slice.



Grilled Jalapenos

Ingredients

- 24 fresh jalapeno peppers
- 3/4 pound bulk pork sausage
- 12 bacon strips, halved

Directions

Wash peppers. Cut a slit along one side of each pepper. Remove seeds; rinse and dry peppers. In a skillet, cook sausage over medium heat until no longer pink; drain. Stuff peppers with sausage and wrap with bacon; secure with soaked toothpicks. Grill peppers, uncovered, turning frequently, over medium heat until tender and bacon is crisp, about 15 minutes.



Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON