

2023

Hebron

Senior Center Newsletter

June

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

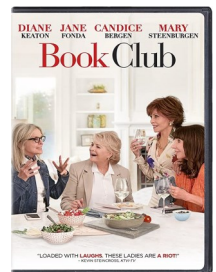
Sharon Garrard	x 203	Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
Mandy Roczniaik	x 202	Program Director	aroczniaik@hebronct.com
Michele Boutin	x 204	Social Worker	mboutin@hebronct.com
Tammy Scherp	x 201	Transportation Coordinator	
Linda Zaccaro	x 200	Receptionist	
GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

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.

Movie Monday

Monday, June 12th -12:45— Book Club —Four friends' (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. Also starring Andy Garcia, Don Johnson and Craig T. Nelson. Come early and sign-up for lunch (by Friday at 10:00am) lunch served at Noon (\$3)—OJ, Meatloaf w/ Gravy, Garlic Mash Potatoes, Spinach, 12 Grain Bread. To sign-up for the movie OR lunch and the movie call 860-228-1700. The newly released movie, Book Club: the Next Chapter will be scheduled to be shown as soon as its released for streaming—so get ready by watching the first movie.



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. **June 9th & 23rd (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. These photos were done by Sandy Waldo during one of the open create art sessions—sitting outside and painting from the scenery.



Senator Osten Speaking on the Legislative Wrap-up

Please join us on Tuesday, June 13th at 11:00am to get an update from Senator Osten as to all the happenings from the 2022-2023 legislative session. You can also ask questions to your State Senator. If you'd like, you can also sign-up and stay for lunch at noon (\$3 see the menu on page 7—sign up by 10am Monday). We do ask for you to sign-up for Senator Osten by calling 860-228-1700.

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.

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 June it will be Tuesday, June 20th at 11:30am. The June topic will be Outdoor Safety. July will be on the 18th and the topic is Exercise. Anyone can attend. If you'd like, you can also sign-up for lunch (\$3) at noon (see the menu on page 6) To register, call 860-228-1700.

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

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

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

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, September 13, 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, June 6th & 20th — 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, June 13th & 27th – 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: Big Y June 2nd & 23rd, Stop and Shop June 9th & 30th, Walmart June 16th. 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, **June 2nd & 16th (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.

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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. **June 9th & 23rd (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 June 26th.** Please inquire about cost for remaining classes. There will be NO Yoga Monday, July 3rd and the next new sessions will begin Monday, July 10th. 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, June 7th and Monday, June 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.

PLANNING AHEAD

Social Worker Corner

- Coming soon Caregiver Support group
- Coming soon 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

Mental health moment

“Almost everything will work again if you unplug it for a few minutes. Including you.” – Anne Lamott

Self-care is important. Take time to relax and breathe.

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 (no massage week of June 19th), 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

Juneteenth Celebration Returns—June 17

The Coalition on Diversity & Equity (CoDE) is sponsoring its **second annual Juneteenth Celebration Saturday, June 17, from 10:30 a.m.- 2:30 p.m.**, in collaboration with Hebron Parks & Recreation Department's Hebron Day. A variety of educational activities will be offered for children, youth and adults, to be held in and around the historic Peters House, 150 East St. During the event, attendees will learn about the lives of formerly enslaved residents of Hebron, including Cesar Peters and his family, and about the path to freedom for all African Americans. Live entertainment will include world-renowned master drummer Bolokada Conde; EvaE Peart and Nia Arts, a West African drumming and dancing troupe (audience invited to participate); Lisa Clayton Singers; Hartford's Proud Drum, Drill and Dance Corp.; and Hartford Poet Laureate Frederick-Douglass Knowles II. In addition, Sisters by Sisters: Joined by the Cloth, a quilting guild celebrating culture, color, design and tradition through an African American perspective, will display quilts and share the history of quilts and quilt-making among the Black community. Kids' activities will include a Story Walk with the book, Juneteenth for Mazie, written and illustrated by Floyd Cooper; face painting; arts and crafts, and more. Families can also take a narrated bus tour of several sites in Hebron where Black Americans lived and worked and tour the Peters house. Juneteenth is a national holiday that commemorates the end of slavery in the United States. It marks the day in 1865 when a Union Army general arrived in Texas with 2,000 soldiers and informed over 250,000 Black Americans enslaved in Texas that slavery had been abolished following the conclusion of the Civil War. This was two and a half years after Abraham Lincoln's Emancipation Proclamation had declared that "all persons held as slaves ... henceforward shall be free". Funding for CoDE's Juneteenth Celebration was provided by the Town of Hebron; William Caspar Graustein Memorial Fund; Northeast Family Federal Credit Union; Berkshire Bank; and individual donors and businesses.

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

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)

Celebrate Trails Day with a Hike!

All are invited to celebrate Connecticut Trails Day on Saturday, June 3, at 10 a.m., at the Hibbert Preserve. Take a guided hike on marked trails and discover the open space preserve at 310 Old Colchester Road, just north of the Air Line Trail and south of Northam Road. Trail Ranger co-leaders will lead the hike, first stopping at a 1700s mill site and leading to an 1800s dam site on the beautiful Raymond Brook, with several special features along the way. The trail is an easy to moderate two miles round trip with some muddy spots, so hiking shoes are recommended. Park either on the grassy area along the west side of Old Colchester Road (near the yellow "caution-pedestrian" sign before the Air Line Trail) or at the Air Line Trail designated parking. As always, tick protection is recommended as are clean soles of shoes when entering any open space preserves. Allow 1.5 hours to enjoy this hike. All are welcome. Heavy rain cancels the event.

The Town Center Project (TTCP)

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

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."

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.

Hebron Farmers Market Dates

First Saturday of the month
June—October

June 3rd

July 1st

August 5th

September 2nd

October 7th

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 giveaway

Hebron Senior Center Happenings.....June 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
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 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness 10:15–12:15– Fun with Stiches Quilting Group 10:00am Shopping–Big Y Happy Pride Month
5 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	6 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	7 8:30 Commission on Aging 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) 11:50–12:30–Lunch	8 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	9 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
12 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 10:15–11:15–Meditation 11:50–12:30–Lunch 12:45–Movie–Book Club	13 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 11:00–11:45–Food Truck– must pre-register 11:00 Senator Osten 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	14 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	15 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	16 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
19 9:00–3:00 Exer. Rm NO Massage 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–11:15–Yoga NO MEALS–CRT CLOSED FOR JUNETEENTH Senior Center IS OPEN	20 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 11:00 Food Bank - must pre-register 11:30–Chatham Health Presentation 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	21 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15–Yoga via video (Yoga With Adriene) 9:30-2:30 Bus Lunch Trip 11:50-12:30–Lunch	22 9:00–3:00 Exer. Rm NO Massage 10:10–11:45–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	23 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
26 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–Last Class of this session (No Yoga July 3rd) 11:50–12:30–Lunch	27 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 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	28 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	29 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	30 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00–Shopping– S&S

HEBRON COMMUNITY RENEWAL TEAM JUNE 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
May 29	CRT Closed In Observance of the Memorial Day Holiday	May 30	Potato Fish Potato Wedges / Ketchup California Vegetables Garlic Knot Fresh Fruit	May 31	Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus Wheat Bread Fresh Fruit	June 1	Lasagna w/ Italian Sauce Italian Blend Vegetables Bread Stick Fresh Fruit
June 5	100 % Fruit Punch Ice Smothered Chicken Lyonnaise Potatoes Spinach 100 % Wh Wheat Brd Wholegrain Fruit Bar	6	Stuffed Pepper w/ Sauce Pasta Vegetable Medley Wheat Bread Fresh Fruit	7	Roasted Pork Loin w/ Gravy Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Orange Cup	8	Baked Stuffed Fish with Tartar Sauce Potato Wedges / Ketchup Capri Blend Vegetables Garlic Knot Fresh Fruit
12	Orange Juice Meatloaf w/ Gravy Garlic Mash Potatoes Spinach 12 Grain Bread Doughnut	13	Country Vegetable Soup Saltine Crackers Tuna Salad on a Kaiser Roll Potato Salad Sliced Tomatoes & Lettuce Fresh Fruit	14	Barbeque Beef Brisket Lyonnaise Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit	15	CRT Celebrates Fathers 100 % Fruit Punch Juice Roast Beef w/ Gravy Seasoned Baby Potatoes Peas & Diced Carrots Garlic Knot Frosted Cake
19	Senior Center is open NO MEALS - Observance of Juneteenth Holiday	20	Potato Crumb Fish w/ Tartar Sce Mashed Potatoes Broccoli Normandy 12 Grain Bread Fresh Fruit	21	Oven Baked Chicken Macaroni & Cheese Chuckwagon Vegetables 100 % Wh Wheat Bread Fresh Fruit	22	Orange Juice Ital Sausage w/ Ital Sce Parslied Pasta Capri Blend Vegetables Wholegrain White Bread Fresh Fruit
26	Kielbasa w/ Mustard Carmelized Onions Diced Potatoes Prince Edward Veggies Wheat Bread Fresh Fruit	27	Popcorn Shrimp Potato Wedges / Ketchup Coleslaw Oatnut Bread Fresh Fruit	28	National Tapioca Day Grape Juice American Chop Suey w/ Elbow Pasta Vegetable Medley Garlic Knot Tapioca Pudding	29	Glazed Baked Ham Cut-Up Sweet Potatoes Chuckwagon Vegetables 12 Grain 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.

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

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

Oklahoma Coconut Poke Cake

Ingredients

- 1 package white cake mix (regular size)
- 1 can (15 ounces) cream of coconut
- 1 can (14 ounces) sweetened condensed milk
- 1 carton (16 ounces) frozen whipped topping, thawed (6-1/2 cups)
- 1 cup sweetened shredded coconut

Directions

- Preheat oven to 350°. Prepare and bake cake mix according to package directions, using a 13x9-in. baking pan.
- Meanwhile, in a small bowl, mix cream of coconut and milk. Remove cake from oven; place on a wire rack. Using a wooden skewer, pierce top of cake to within 1 inch of edge; twist skewer gently to make slightly larger holes. Spoon milk mixture evenly over cake, being careful to fill each hole. Cool completely.
- Spread whipped topping over cake; sprinkle with coconut. Refrigerate until serving.



Coconut Pistachio Pie

Ingredients

- 2-1/2 cups sweetened shredded coconut, lightly toasted
- 1/3 cup butter, melted
- 2 cups cold 2% milk
- 2 packages (3.4 ounces each) instant pistachio pudding mix
- 1 cup whipped topping
- Chopped pistachios, optional

Directions

- In a small bowl, combine coconut and butter. Press onto the bottom and up the sides of a greased 9-in. pie plate. Refrigerate for at least 30 minutes or until firm.
- In a small bowl, whisk milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft-set. Spread 1-1/2 cups over crust.
- Fold whipped topping into remaining pudding; spread over pie. If desired, sprinkle with chopped pistachios. Cover and refrigerate at least 2 hours before serving.



Recipes

Spinach Steak Pinwheels

Ingredients

- 1-1/2 pounds beef top sirloin steak
- 8 bacon strips, cooked
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

- Lightly score steak by making shallow diagonal cuts into top of steak at 1-in. intervals; repeat cuts in opposite direction. Cover steak with plastic wrap; pound with a meat mallet to 1/2-in. thickness. Remove plastic.
- Place bacon widthwise at center of steak. In a bowl, mix remaining ingredients; spoon over bacon. Starting at a short side, roll up steak jelly-roll style; secure with toothpicks. Cut into 6 slices.
- Place on an oiled grill rack. Grill pinwheels, covered, over medium heat until beef reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°), 5-6 minutes on each side. Discard toothpicks before serving.



Strawberry Feta Tossed Salad

Ingredients

- 6 cups torn mixed salad greens
- 2 cups fresh strawberries, sliced
- 1 package (4 ounces) crumbled feta cheese
- 1/4 cup sunflower kernels

Directions

- Place first 4 ingredients in a large bowl. To serve, drizzle with vinaigrette; toss to combine.



Cauliflower Gnocchi with Asparagus & Pesto

Ingredients

- 1 (10 ounce) bag frozen cauliflower gnocchi
- 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
- 1 TB of olive oil

Directions

- Heat oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring frequently, until heated through and golden brown, 6 to 8 minutes.
- Meanwhile, place asparagus in a microwave-safe dish and add 1/4 inch of water. Cover tightly and microwave on High until crisp-tender and bright green, about 2 minutes. Drain and cut into 1-inch pieces.
- Add the asparagus and pesto to the gnocchi and toss to combine.



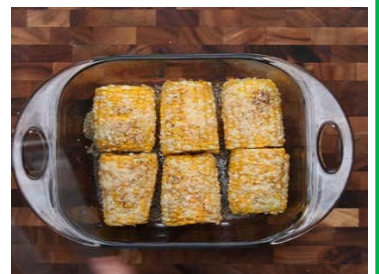
Butter Parmesan Corn

Ingredients

- 6 half ears corn, cleaned, husked
- 2 tablespoons butter, softened
- 1/2 cup parmesan cheese, grated
- salt, to taste
- pepper, to taste

Directions

- Preheat oven to 375°F (190°C).
- Coat each ear of corn in a thin layer of butter and roll in the parmesan cheese to coat.
- Place corn in a square baking dish and sprinkle with salt and pepper.
- Bake for 25 minutes.



USA States

Find and circle all of the USA States that are hidden in the grid. The remaining letters spell a secret message - an Adlai Stevenson quotation. Note: VIRGINIA and WEST VIRGINIA do not overlap. The same goes for KANSAS and ARKANSAS

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

ALABAMA
 ALASKA
 ARIZONA
 ARKANSAS
 CALIFORNIA
 COLORADO
 CONNECTICUT
 DELAWARE
 FLORIDA
 GEORGIA
 HAWAII
 IDAHO
 ILLINOIS

INDIANA
 IOWA
 KANSAS
 KENTUCKY
 LOUISIANA
 MAINE
 MARYLAND
 MASSACHUSETTS
 MICHIGAN
 MINNESOTA
 MISSISSIPPI
 MISSOURI
 MONTANA

NEBRASKA
 NEVADA
 NEW HAMPSHIRE
 NEW JERSEY
 NEW MEXICO
 NEW YORK
 NORTH CAROLINA
 NORTH DAKOTA
 OHIO
 OKLAHOMA
 OREGON
 PENNSYLVANIA
 RHODE ISLAND

SOUTH CAROLINA
 SOUTH DAKOTA
 TENNESSEE
 TEXAS
 UTAH
 VERMONT
 VIRGINIA
 WASHINGTON
 WEST VIRGINIA
 WISCONSIN
 WYOMING