

2023

Hebron Senior Center Newsletter

August

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

Summer Send-Off Shindig—Indoor Picnic

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



Movie Monday(s)

Monday, July 31st 12:45—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.

Monday, August 14th -12:45—Queen Bees—While her house undergoes repairs, a fiercely independent elderly woman moves temporarily into a nearby retirement community. Once the doors close behind her she is disappointed to encounter forlorn widows, uninspired activities and a burgeoning clique of bullies. But as she yearns for the solitude of home, she slowly discovers it's never too late to make new friends or find love. The star-studded cast includes; including Ellen Burstyn, James Caan (in his final film during his lifetime), Ann-Margret, Christopher Lloyd, Jane Curtin, Loretta Devine, and Elizabeth Mitchell.

Monday, August 28th—12:45 Casablanca—Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country. Come early and sign-up for lunch (by Friday at 10:00am) lunch served at Noon (\$3—see menu on page 9). To sign-up for the movie OR lunch and the movie call 860-228-1700.

Back By Popular Demand—Rock Painting

Join us on **Wednesday, August 9th at 10:30am** to decorate river rocks for you to bring home and/or help

Russell the Rock Snake grow. You can free paint your rocks or decoupage them with uplifting quotes/pictures. Cost is \$2. If you'd like, stay for lunch at Noon (\$3 suggested donation) You must pre-register for both by Tuesday, August 8th by 10:00am by calling 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 August, it will be **Tuesday, August 15th at 12:15pm**. The topic will be on dental health. 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 9). To register, call 860-228-1700.

Bus Trip—Lunch to Dad's Seafood in Niantic, Boardwalk, and SIFT Bakery

Wednesday, August 30th—Leave at 10:45am travel to Niantic for lunch at Dad's Seafood (please bring cash—they do take credit card, but just in case), then weather permitting a walk on the boardwalk, followed by a stop for dessert or bring something home from SIFT Bakery. Cost is \$5 for transportation. To sign-up, call 860-228-1700. This is an order at the counter restaurant, no wait staff.



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, August 1st, 15th, and 29th — 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, August 8th & 22nd – 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

PLEASE NOTE ADJUSTMENTS TO THE SCHEDULE DUE TO BUS AVAILABILITY—There will be a trip to: Walmart/Aldis August 4th and 25th, Big Y August 11th, and Stop and Shop September 1st. **Friday, August 18th TBD based on bus availability.** Pre-registration is required by Thursday at 10am. Call 860-228-1700. **New departure time, pick-ups will begin starting at 8:30am.**

Community Café

The Elderly Nutrition Program offers onsite meals in our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) continues to be the vendor for the program. Sign-up for meals at the Senior Center or by calling 860-228-1700. PLEASE NOTE, IF YOU ARE MAKING A RESERVATION FOR THE FOLLOWING DAY, YOU MUST SIGN UP NO LATER THAN 10:00AM THE DAY BEFORE AND 10:00AM ON FRIDAYS FOR MONDAYS LUNCH. Reservations called in after 10:00am for the next day cannot be accepted. A donation of \$3 is requested per meal. Please see the MENU on page 9

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, **August 4th & 18th (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. **August 11th & 25th (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 sessions through August 28th, please check-in about price**. 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, August 2nd and 16th 10:15-11:15am. 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.

PLANNING AHEAD

Hebron Harvest Fair—Bus Transportation on **Friday, September 8th - Fair from Noon-2:30pm**. Friday is Free for Seniors 65 and up. Must sign-up by Wednesday, September 6th, 860-228-1700.

Buckingham Heights of Glastonbury Speaker on Dementia

Tuesday, September 12th, 11:00am-Noon. This is a free presentation. Please sign-up by Monday, September 11th, 860-228-1700.

Bus Trip—Big E—Wednesday, September 20th (CT Day). Leave the Senior Center at 8:45 and return approximately 4:00pm. Transportation is \$5. Hebron /Amston residents get first priority to sign-up until September 1st. Call 860-228-1700.

Chatham Health Presentation A free 30 minute health related topic each month. Tuesday, September 19th at 12:15pm. This month the topic is on dental health. 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 9). To register, call 860-228-1700.

LGBTQ+ Moveable Senior Center—Come Out and Connect! LGBTQ+ older adults and allies are invited to join the LGBTQ+ Moveable Senior Center. The Moveable Senior Center (MSC) was created by Connecticut's LGBTQ+ community members in collaboration with the CT Healthy Living Collective and other allies. MSC is a welcoming pathway for LGBTQ+ older adults to access Senior Centers and their range of programs and resources. **Wednesday, September 27th**—program details in the September newsletter.

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 10:15am to 11:45am. 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 (no August 10th) (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

First Saturday of the month
August 5th, September 2nd
October 7th -Takes place from 9 a.m.-noon, at the Hebron Elementary School parking lot, 92 Church St. Offerings include seasonal fruits, vegetables, baked goods, and natural-grown products right from Hebron. There will also be live entertainment and fare from specialty food trucks. The markets run through October. For more information, call the Hebron Parks and Recreation Department 860-530-1281

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

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)

Donations Sought for Book Sale

The Friends of Douglas Library group is accepting donations of used books in good condition for its upcoming book sale, which will take place Saturday, Aug. 12, from 9 a.m.-3 p.m., in the library's community room. From 1-3 p.m., there will be a \$5 per bag sale, with no limit on the number of bags you can purchase. Fiction, science fiction, mysteries, romances, non-fiction and children's books are requested. CDs and DVDs are also welcome. Do not donate VHS tapes, encyclopedias, magazines, or Reader's Digest condensed books. All donated items should be in good condition, not mildewed, moldy, dirty or torn. Douglas Library is located at 22 Main St. on the Hebron Green. Proceeds from the sale are used to purchase new material for the library, museum passes, equipment, and to pay for children's and adult programs. Donations can be dropped off anytime in the white donation bin to the right of the main parking lot entrance. For assistance with large donations, call the Friends ahead of time, at 860-228-9312 ext. 312

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.

Douglas Library—Master the Art of Preserving Your Harvest:

Tuesday, Aug. 1, 6 p.m. There will be a presentation on pickling, canning, freezing and drying techniques, by Mark Gostkiewicz of Tri Gable Lea Farm in Colchester.

REMINDER LOCAL SCHOOLS OPEN AUGUST 30TH & 31ST

Hebron Elementary/Gilead Aug. 30 & RHAM Aug. 31
Beware of students waiting for the buses, the frequent stops of buses, and the extra traffic on the road

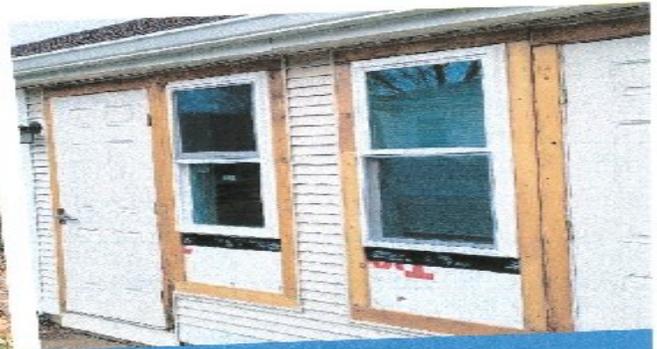
New Fraud Alert Service

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.

Support

THE STONECROFT ENERGY CAMPAIGN

Help the Hebron Housing Authority reduce energy costs for senior residents by installing triple-pane windows and on demand water heaters at Stonecroft Village.



If we are able to raise \$15,000 dollars, Sustainable CT will award us with a matching \$15,000 grant from their Community Match Fund!!!

Donate and learn more at Patronicity.com/StonecroftEnergyCampaign or by scanning the QR code.



CRT Community Renewal Team
Changing lives... Creating opportunity!

Hebron Residents 60+



It is too hot to cook? Come cool off and enjoy a delicious, healthy lunch Monday - Thursday



**Russell Mercier Senior Center
12 Stonecroft Drive
Hebron, CT
860-228-1700
Monday-Thursday**

Let us do the cooking for you!
Enjoy a healthy low-cost meal with friends! Dessert included!
\$3.00 donation suggested.
However no one is denied a meal if unable to donate.

Participants must be 60 or older. Spouses are welcome if joined by a senior participant. A registration form must be completed prior to receiving a meal. (Reserve your seat Monday for Tuesday) You can sign up at the site for future dates!

AIR LINE STATE PARK TRAIL



Raymond Brook Marsh
Photo: Stan Mazon

HEBRON

13. Peter's House
Visit the Peter's House, town-owned historic house and designated site on Connecticut's Freedom Trail. Commemorates one of the most dramatic reeditions in Connecticut history, in 1787 Hebron! See historical artifacts along for his story and much more easy history.



Peter's House
Photo: Bob Huntington

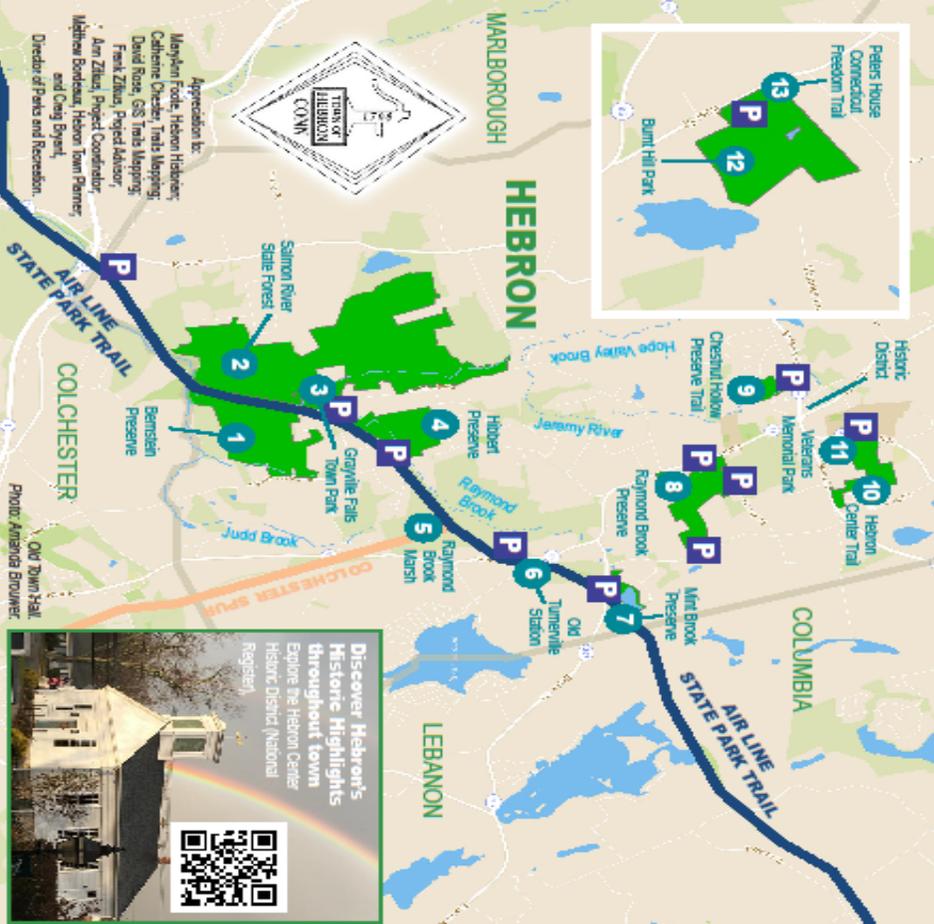
Air Line Trail & Town Preserve Tips

- Fully accessible parking: Church Street, Rt. 85, Grayville Road (limited), and Old Hartford Road.
- Horse Trailer Access: Rte. 85 and Grayville Falls town park parking area (Grayville Road).
- Take only pictures.
- Leave only footprints.
- Town Preserves follow Connecticut State Park rules unless otherwise noted.
- Preserve Wildlife: Please Stay on Trails, Either with Clean Shoes/Water Treats.
- Open areas to dusk.
- Contact Hebron Parks & Recreation Department for more info.

Visit ALSPregion.org

ALONG THE AIR LINE TRAIL:

- 1. Bernstejn Preserve**
Access east side of ALT. Just north of Judd Brook Bridge, a 4th junction path leads into the southern part of this 215-acre town nature preserve. Path follows the old Air Line rail line trestle spur, made to transport quarried materials during construction of the Air Line Railroad. Multiple historical stone bridge foundations line Judd Brook, testimony to massive efforts of early 1800s to fill beneath two spectacular features on ALT: the 137-ft. high by 1,064-ft. long Lyman Viaduct in Colchester and the 60-ft. high by 1,380-ft. long Kaspalo Viaduct in East Hampton.
- 2. Salmon River State Forest**
273 acres of Salmon River State Forest reserved to become "Old Forester" contains historic dam site, confluence of Judd Brook into Jeremy River.
- 3. Grayville Falls Town Park**
58-acre park. Access from ALT via steep embankment and tower, leads to hemlock grove. Raymond Brook's cascading waterfalls. Bridge over brook leads to open field, picnic tables, horseback path, trails. Old mill site within park.
- 4. Hibbert Preserve**
310 Old Colchester Rd, Anston
Access from ALT: trail trail (free paint) near beach, not far from Grayville Rd, leads to Raymond Brook and 1800s dam site within this 82-acre town nature preserve. Accessory of Old Colchester Road: Main Blue Trail (free paint), leads from Old Colchester Rd. to 1800s dam site with features along way. White Trail parts show, from beginning of Blue Trail, leads to 1700s mill site on Raymond Brook, giant glacial erratic boulder.
- 5. Raymond Brook Marsh**
Foundation of Bernstejn Preserve, Photo: Amy Zink
One of the largest and wettest complexes in eastern Connecticut, there is a rare opportunity to traverse through the middle of an exceptional wildlife habitat.
- 6. Former Turnerville Station**
Raymond Brook Marsh
Photo: Stan Mazon
Site of former freight depot and passenger station.
- 7. Mint Brook Preserve**
15-acre. Trail system around Mint Brook Marsh, site of historical Wicow Saw Mill, instrumental in plans to connect ALT to Hebron Center through Raymond Brook Preserve.
- 8. Raymond Brook Preserve**
116-acre town park, area of Hebron's first colonial settlements of 1704. Historic wagon roads lined by elder native trees, gravel trail system, pond, old mill site, agricultural fields, picnic tables, demonstration pumpkin garden, diverse forest, bridge over Raymond Brook. Trail connection planned between the ALT and Hebron's Center via this Preserve.
- 9. Chestnut Hollow Historic Reserves**
Chestnut Hill Rd, Anston. 20+ acres. Hiking trails parallel Jeremy River. Specimen trees, identification signs, historic Old Town Pound.
- 10. Hebron Center Trail**
connects with the Hebron Center Historic District, commercial center, and...
- 11. Veterans Memorial Park**
physicape trail, picnic restrooms, athletic field, public recreation fields, pond.
- 12. Burnt Hill Park**
148 East St, Hebron, 17+-acre multi-use town Recreation Park, includes marking trails, pavilion, restroom facilities, athletic recreation fields, pond.



Discover Hebron's Historic Highlights throughout town

Explore the Hebron Center Historic District (National Register)

Aggregation to: Maynard Fook, Hebron Historian; Catherine Chesser, Trails Mapping; David Rose, GIS Trails Mapping; Frank Zink, Project Coordinator; Amy Zink, Project Coordinator; Matthew Bonczak, Hebron Town Planner; and Craig Bryant, Director of Parks and Recreation.

Hebron's Natural Attractions



Zagay Farm
Photo: Frank Zink

From early days to now, Hebron's gently rolling meadows and extensive, clean waterways have fostered farming. Agricultural Offerings today include dairy, horse riding, berry picking, sugar houses (for maple syrup), organic produce, and tree farms. Two exceptional Golf Courses & Specialized Campgrounds are in Hebron.

Hebron's early days

In the area of land now called Raymond Brook Preserve, colonist William Sherman built his homestead in 1704-05. His wife, Edward was one of the "Saybrook Legatees" beset with land by Altemuswood or Joshua, Native American son of Sashen Uncas, killed land to the Legates in appreciation for the English settlers' assistance to the Mohicans against the Narragansett. More settlers followed colonist William Shipman and Hebron became Connecticut's 41st town on May 26, 1708.



Visit ALSPregion.org

AIR LINE STATE PARK TRAIL HEBRON

Mileage	Date

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>July 31 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 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 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</p>	<p>AUGUST 3 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 8:30—Shopping-Walmart/ Aldi’s 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15– Fun with Stiches Quilting Group</p>
<p>7 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</p>	<p>8 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 1:00–3:15 Hand & Foot Canasta</p>	<p>9 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</p>	<p>10 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</p>	<p>11 8:30—Shopping— Big Y 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15—Created to Create Open Art Time</p>
<p>14 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—Queen Bees</p>	<p>15 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>16 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>17 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>18 8:30—Shopping—TBD Based on Bus Availability 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15– Fun with Stiches Quilting Group</p>
<p>21 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</p>	<p>22 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>23 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15—Yoga via video (Yoga With Adriene) 11:15-1:30 Summer Send-Off Shindig Indoor Picnic</p>	<p>24 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>25 8:30—Shopping—Walmart 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15—Created to Create Open Art Time</p>
<p>28 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—Casablanca</p>	<p>29 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</p>	<p>30 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 10:45–3:00 Bus Trip 11:50-12:30—Lunch First Day of School (Hebron/ Gilead Elem)</p>	<p>31 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 First Day of school (RHAM)</p>	<p>September 1 8:30—Shopping Big Y 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15– Fun with Stiches Quilting Group</p>

HEBRON CRT AUGUST 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
		1	Cheesey Vegetable Lasagna w Alfredo Sauce / Italian Blend Vegs / Bread Stick / Fresh Fruit	2	Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Baked Beans / Coleslaw Fresh Fruit	3	100 % Fruit Punch Juice Smothered Chicken Lyonnaise Potatoes Spinach 100 % Whole Wh Bread Wholegrain Fruit Bar
7	Kielbasa / Mustard Carmelized Onions Diced Potatoes Prince Edward Vegs Wheat Brd Fresh Fruit	8	Baked Stuffed Fish w/ Tartar Sauce Potato Wedges/ Ketchup Capri Blend Vegetables Garlic Knot Fresh Fruit	9	Orange Juice Garden Salad Greens / Cherry Toms, Cucs, Onions / Grilled Chicken Strips / Cheddar Cheese / Ranch Dressing / Garlic Knot / Cookie	10	Stuffed Pepper w/ Sauce Cous Cous Vegetable Medley Wheat Bread Fresh Fruit
14	Grape Juice Swedish Meatballs Mashed Potatoes Peas & Diced Carrots 100 % Whole Wh Brd Yogurt Cup	15	Stuffed Cabbage w/ Tomato Sce Orzo Broccoli Florets Garlic Knot Cookie / Fresh Fruit	16	Nat'l Watermelon Day Country Vegetable Soup Oven Rst Turkey (Not Deli) on Kaiser Roll Sandwich / Potato Salad / Saltines/Must/ Mayo /Sl Tomatoes & Lettuce Watermelon Slice	17	Orange Juice Italian Sausage w/ Peppers on Hoagie Roll Capri Blend Vegetables Garlic Knot Fresh Fruit
21	Orange Juice Quiche Lorraine Lyonnaise Potatoes Vegetable Medley Garlic Knot Wholegrain Fruit Bar	22	Mild Beef & Bean Chili Baked Potato / Sour Cream Sliced Carrots 100 % Whole Wheat Bread Fresh Fruit	23	Oven Baked Chicken Macaroni & Cheese Chuckwagon Vegs 100 % Whole Wht Brd Fresh Fruit	24	Nat'l Lemon Pudding Day Grape Juice Glazed Bked Ham /Mustard Cut-Up Sweet Potatoes Broccoli 12 Grain Bread Lemon Pudding / Topping
28	Manicotti w/ Red Sce / Parmesan Cheese Cheese /Squash Medley Bread Stick / Fresh Fruit	29	Chef Salad w/ Mixed Greens / Cherry Toms, Cucs, Onions / Shredded Cheese / Turkey Ham / Hard Boiled Egg / Ranch Dressing / Garlic Knot / Fresh Fruit	30	Oven Roasted (Not Deli) Turkey w/ Gravy Cornbread Stuffing / Cranberry Sauce Mixed Vegetables Wheat Bread Fresh Fruit	31	Potato Crumb Fish/ Tartar Sauce / Mashed Potatoes / Broccoli Normandy / 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.

Sudoku

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

How to play

In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipes

Peach & Almond slices

Ingredients

- 17oz pack puff pastry sheet (or close too)
- 1 egg, beaten
- 6oz marzipan, chopped
- 3 peaches, halved, stoned and thinly sliced
- 1 tbsp flaked almonds
- crème fraîche, to serve

Directions

1. Heat oven to 400F. Unroll the pastry on a lightly floured surface and cut in half horizontally. Slice each half into 3.
2. Lay the pastry sheets on a baking sheet. Use a knife to mark a 1cm border on each – be careful not to go all the way through. Prick inside the border with a fork, then brush all over with beaten egg.
3. Bake for 10 mins until golden and slightly risen. Divide the marzipan equally between the pastry squares and fan out the peach slices on top, followed by a sprinkling of almonds.
4. Put the slices back into the oven for 10 mins until they have puffed up and are golden. Serve with a dollop of crème fraîche.



Strawberry Breakfast Pastries

Ingredients

- 1 sheet puff pastry (half of a 17.3-ounce package), thawed
- 1 1/2 cups sliced strawberries
- 1 large egg
- 1/4 cup cream cheese, at room temp
- 1 Tablespoon strawberry jam
- Sanding sugar, for topping (optional)

Directions

- Preheat the oven to 400°F. Line a baking sheet with parchment paper or a Silpat.
- Cut the puff pastry into six rectangles by following the perforations in the dough to first cut the sheet into three long rectangles and then cut each rectangle in half to form two smaller rectangles. Transfer the pastries onto the baking sheet, arranging them at least 1 inch apart.
- Lightly score the dough by cutting a border 1/2-inch from the edges (do not cut through the pastry). Prick the center of the pastry several times with a fork.
- In a small bowl, stir together the cream cheese and strawberry jam. Place a dollop of the cream cheese mixture in the centers of each pastry and spread it within the scored area. Top the cream cheese with the sliced strawberries.
- Whisk together the egg with 1 Tablespoon water. Brush the edges of the pastry with the eggwash then sprinkle them with sanding sugar (optional).
- Bake the pastries for 15 to 17 minutes until golden and puffed.
- Remove the pastries from the oven and serve.



Recipes

Lemon pepper chicken with kale and white bean slaw

Ingredients

- 1 pound chicken breast fillets
- 1 tbsp lemon pepper seasoning
- 12-14oz Kaleslaw Salad Kit (or similar)
- 14oz can cannellini beans, rinsed, drained
- 3.5 oz fetta, crumbled

Directions

- Step 1 Heat a barbecue grill or chargrill on medium. Spray with olive oil spray. Sprinkle chicken with lemon pepper seasoning. Cook chicken on grill for 5 mins each side or until cooked through. Cover with foil.
- Step 2 Prepare salad kit in a large bowl following packet directions, reserving the dressing. Add the beans and fetta and gently toss to combine.
- Step 3 Thickly slice the chicken. Divide the slaw mixture among serving plates. Drizzle with the reserved dressing and top with chicken to serve.



BBQ Hot Dog & Potato Packs

Ingredients

- 1 package (20 ounces) refrigerated red potato wedges
- 4 hot dogs
- 1 small onion, cut into wedges
- 1/4 cup shredded cheddar cheese
- 1/2 cup barbecue sauce

Directions

- Divide potato wedges among four pieces of heavy-duty foil (about 18 in. square). Top each with a hot dog, onion wedges and cheese. Drizzle with barbecue sauce. Fold foil around mixture, sealing tightly.
- Grill, covered, over medium heat 10-15 minutes or until heated through. Open foil carefully to allow steam to escape.



Cod with Bacon & Balsamic Tomatoes

Ingredients

- 4 center-cut bacon strips, chopped
- 4 cod fillets (5 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups grape tomatoes, halved
- 2 tablespoons balsamic vinegar

Directions

- In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels.
- Sprinkle fillets with salt and pepper. Add fillets to bacon drippings; cook over medium-high heat until fish just begins to flake easily with a fork, 4-6 minutes on each side. Remove and keep warm.
- Add tomatoes to skillet; cook and stir until tomatoes are softened, 2-4 minutes. Stir in vinegar; reduce heat to medium-low. Cook until sauce is thickened, 1-2 minutes longer. Serve cod with tomato mixture and bacon.



Easy Broccoli Slaw

Ingredients

- 2 (16 ounce) packages broccoli coleslaw mix
- 1 (16 ounce) bottle cole slaw dressing
- 1 (8 ounce) package sweetened dried cranberries
- 2 cups pistachio nuts
- salt and pepper to taste

Directions

In a medium bowl combine broccoli, dressing (use more or less to achieve desired creaminess), dried cranberries, pistachios, salt and pepper. Mix well, cover and refrigerate until ready to serve.



The Beach

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

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

BARE FEET
BEACH BALL
BOAT
CLOUDS
DRIFTWOOD
HAT
KITE
LIFEGUARD
OCEAN
PAIL
PIER

SAILING
SAND
SEAGULL
SEASHELL
SEASHORE
SKY
STARFISH
SUNGLASSES
SUNSCREEN
SUNSHINE

SURFBOARD
SURFING
SWIMMING
SWIMSUIT
T SHIRT
TOWEL
VOLLEYBALL
WADING
WATER
WAVES