

2023

Hebron Senior Center Newsletter

September

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

"IS IT AGING OR SOMETHING ELSE?"

Please join us on Tuesday, September 12th from 11:00-12:00 for a talk with Suzanne of Buckingham Heights Memory Care. Suzanne has been helping seniors for 20 years and speaks from her personal journey navigating through both of her parent's memory loss. Issues discussed; Types of memory loss-Reversible and Non, A checklist for you or a loved one, Making excuses, Denial is easier, Ideas to help safeguard a loved one, It's ok to not be OK, Avoiding caregiver burn out, and Helpful communication and picking your battles. Please RSVP to the Center by September 11th, 860-228-1700.

Town Center Project Presents Scarecrows

Come join us to create a Senior Center scarecrow to be entered in the "Scarecrows Along Main" event sponsored by the Town Center Project. The scarecrows will be placed along Main St., Hebron from September 29th—November 1st. Let's put our creative heads together to make our scarecrow. We will meet two separate times, first, Wednesday, September 13th at 10:30 to plan on the scarecrow theme on what we will need to gather. Then, second, we will meet again on Wednesday, September 27th at 10:30am to put together the scarecrow(s). To sign-up, please call 860-228-1700.

Hebron Harvest Fair Bus Transportation

Friday, September 8, we will be providing transportation to the Hebron Fair for Seniors that are residents of Hebron/Amston. Seniors (65+) Admission is Free until 4:00 PM. Drop off at the fair will be at Noon and departure from the fair will be at 2:30pm. You **must sign-up by Noon on Wednesday, September 6th**. To reserve your spot, please call 860-228-1700.

Movie Monday(s)

New start time for the movies—12:30pm. Come early and sign-up for lunch if you'd like (by Friday at 9:30am) lunch served at Noon (\$3—see menu on page 10). To sign-up for the movie OR lunch and the movie call 860-228-1700.

Monday, September 11th the movie will be, **Elsa & Fred**, After losing his wife, Fred (Christopher Plummer) moves into a nearby apartment building where he meets Elsa (Shirley MacLaine). Elsa bursts into his life like a whirlwind, teaching him that time is precious and that he should enjoy life—and love—to the fullest. **Monday, September 18th, The Apartment** (1960—won 5 Oscars) A Manhattan insurance clerk tries to rise in his company by letting its executives use his apartment for trysts, but complications and a romance of his own ensue. Starring Jack Lemmon, Fred MacMurray, and Shirley MacLaine.

Monday, October 2nd, And So It Goes, stars Michael Douglas, Diane Keaton and Sterling Jerins. A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. **Monday, October 23rd, Hondo**, Army dispatch rider Hondo Lane discovers a woman and young son living in the midst of warring Apaches and becomes their protector. Starring John Wayne and Geraldine Page.

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 September it will be **Tuesday, September 19th at 12:15pm**. The topic will be on vaccinations. There will be raffle prize giveaways for the participants. If you'd like, come a few minutes earlier and have lunch at noon (\$3, menu on page 10). Sign-up for lunch must be by 9:30am on Monday. To register, call 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. You can purchase your ticket beforehand on-line or at the gate. The price at the gate is \$16 (60 and over) Sunday – Thursday To reserve your spot, 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 spot on board and for an alternate) 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

Please visit us at 26 Pendleton Drive, Hebron.

Dedicated to serving the needs of Hebron and surrounding communities through our client choice food pantry.

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.

HIHS is located at: 26 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka



Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation

Tuesday, September 12th and 26th — 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, September 5th and 19th – 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: Pre- registration is required by Thursday at 10am. Pick-ups will begin at 8:30am—Stop and Shop, Friday, September 1st and 22nd, Big Y Friday, September 8th and 29th, and Walmart, Friday, September 15th. 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 9:30am 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. 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.

Thank you for the Donations

Thank you to the following people for their various donations to the senior center that range from goods to monetary; Stella Stanescu, Marianna Sargent, Donna Ciarfella, Karen Patterson, Alberta Pomproicz, and Lisa Cameron. (if we missed your name please let us know and we will get it in the next newsletter)

Programs and Activities

Fun with Stitches Open Quilting Group

Calling all quilters, **September 1st & 15th (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. **September 8th & 22nd (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.

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, September 6th & 20th 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—SAVE THE DATES

Tips for Cooking for 1 or 2

Tuesday, October 17th at 10:30am, we welcome Lindsey Kent, RDN, a ShopRite Registered Dietitian. Lindsey will be sharing her expertise on how to prepare meals for smaller households and how to make it healthy and appealing. To register for this free event, please call 860-228-1700.

Flu/Covid Vaccine Clinic Wednesday, October 18th 10:30—12:30. More details to follow in the October newsletter.

Chatham Health Presentation - the monthly presentation will be moving to the 3rd Wednesday of the month, **October 18th at 2:00pm**. The October topic will be lung health.

RHAM Bingo— *It is expected* that RHAM Bingo will return to the 3rd Wednesday of the month, starting **October 18th from 2:30-4:00pm**. Full details in the October newsletter.

Watercolor or Acrylic Art Class—Friday Oct 20 and Friday Oct 27 from 12:15 to 2:15. Watercolor or Acrylic painting on a gessoed surface. The full class details to be in the October newsletter, so save the dates now.

Marlborough Health & Rehabilitation Center Sponsored Lunch & Learn

Wednesday, October 25th at Noon. Please join Heather Hitchcock, CDP Bristol Health Community Educator as she presents more information on dementia. If you heard her speak at our last lunch and learn you know how informative and interesting she is presenting her topics. Lunch is included and it is free. It's a very good bagged lunch or either turkey or tuna sandwich, chips, a big cookie, and water. You get full on lunch and full of knowledge. Deadline to register is Monday, October 23rd by 10:00am.

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—3:30pm (last appointment at 3:00pm 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.

*****DEADLINE OCTOBER 1st*****

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.



Russell Mercier Senior Center Invites you to attend

“IS IT AGING OR SOMETHING ELSE?”

Tuesday, September, 12th

11:00-12:00

With Suzanne of Buckingham Heights Memory Care

Suzanne has been helping seniors for 20 years and speaks from her personal journey navigating through both of her parent's memory loss.

Types of memory loss-Reversible and Non.

A checklist for you or a loved one.

Making excuses, Denial is easier.

Ideas to help safeguard a loved one.

It's ok to not be OK. Avoiding caregiver burn out.

Helpful communication and picking your battles.

Please RSVP to the Center by September 11th

860-228-1700





PEER SUPPORT GROUP FOR SENIORS

MONDAY SEPTEMBER 18TH

10:30 AM – 11:30 AM

HOSTED BY THE RUSSELL MERCIER SENIOR CENTER

12 STONECROFT DRIVE HEBRON CT.

FACILITATED BY MICHELE BOUTIN, SOCIAL WORKER

Monthly sessions allow Seniors to communicate openly about struggles and challenges that they are experiencing and receive support from their peers.

Coffee and Tea will be provided.

Upcoming Support Group Dates:

October 16th at 10:30 am

November 13th at 10:30 am

December 4th at 10:30 am

FOR MORE INFORMATION CALL MICHELE BOUTIN AT 860-228-1700 EXT. 204

Registration is not required.



CAREGIVER SUPPORT GROUP

WEDNESDAY SEPTEMBER 27TH

1:30- 2:30 PM

HOSTED BY THE RUSSELL MERCIER SENIOR CENTER

12 STONECROFT DRIVE HEBRON CT.

FACILITATED BY MICHELE BOUTIN, SOCIAL WORKER.

*THE CAREGIVER SUPPORT GROUP OFFERS A SAFE PLACE TO DISCUSS THE
STRESSES, CHALLENGES, AND REWARDS OF PROVIDING CARE
FOR A LOVED ONE.*

Coffee and tea will be provided.

Upcoming Support Group Dates:

October 25th at 1:30 pm

November 29th at 1:30 pm

December 13th at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT 860-228-1700 EXT. 204

Registration is not required.

What's Happening In Our Community

KIDS DAY!!!

HEBRON FARMERS & ARTISANS MARKET



September 2, 2023 List of Vendors

9 Lives Soapery AHM Amelia's Snuggles Bellatrix Black Cat White Dog Farm Blue Hill Too CAFAF Chatham Health District Color Street Nails Cottage Gardens Bakery CT Cottage Foods Custom Creations By Britani David St. Laurent Double Trouble Acres Flores Soleados Friendly Spirit Farm Georgebunny's Boutique Haley Coffee House	Hebron Green Committee In All Fairness Farm Kraft Designs by Karen La Stella Italian Market Letter & Spirit Press Lynch Hill Farm Modern Design Studios Nana's Knitty Bits Norwex Not your Grandmother's Crochet Paradis Pastries Perfect Peacock Piggy Printing Renewal by Anderson Sending Sunny Smiles Steffy's Soaps The Mother Hive This and That Craft	Three Violets Wyld Kat Needlecraft Ydavis & Co. Macarons Kid Vendors: Angelina's Accessories Arianna G. Jewelry Audrey's Acrylic Paintings Beautifulets Born2Craft by Annabelle Canine Creations Charmed Cutie Trinkets Grace's Jewelry Designs Jazzy's Rock World L&M Trinkets Loretta's Loops Sew & So
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Hebron Elementary School
9am - 12pm



Hebron Farmers Market Dates

First Saturday of the month
thru October

September 2nd—Kids Day
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
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)

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.

Parkinson Disease Family Support Group

The American Parkinson Disease Association will offer a Monthly Family Support Group the first Wednesday of every month at 10:30 a.m., starting Sept. 6, at Colebrook Village, 55 John E. Horton Blvd. This is a safe place for family caregivers to share experiences and learn from other families also living with Parkinson's disease. Light refreshments will be served. Contact group meeting contact Laura at 860- 801-1114 or LSteele@colebrookvillage.com to verify the group is still meeting at the time and date listed.eele@colebrookvillage.com to verify the group is still meeting at the time and date listed.

Scholarship Golf Tournament

The veterans of the Hebron area, Post 95, are seeking sponsors and golfers for the Hebron area Veterans Annual Scholarship Golf Tournament, which will be held **Saturday, Sept. 16, at 8 a.m.**, at Chanticlair Golf Course in Colchester. Tournament highlights: breakfast sandwiches to go; Ted's deli lunch sandwich on a roll; Closest to the line – 3rd hole; Closest to the Pin – Water Hole; cash prizes; 50/50 raffle; Silent Auction; Goodie Bag. Organizers are also looking for people to endorse the tournament with a contribution, a donated door prize, and/or by sponsoring golfers. There are also sponsors sought for tee signs or a golf cart sign. There are three tiers of sponsorships: silver, gold or platinum sponsorship fee. Make checks payable to American Legion Post 95 Scholarship Fund and mail to: P.O. Box 95. Hebron, CT 06248-0095. For more information or registration – including registration fees -- call Joe at 203-848- 5913 or email Ron at ronpark@gmail.com

The 25th Annual Connecticut Renaissance Faire

Saturdays & Sundays • September 2 – October 15, Plus Labor Day & Indigenous People's Day
10:30 AM – 6:00 PM Location: Lebanon Country Fairgrounds, 122 Mack Road, Lebanon
Admission: Adults \$16, Youth (Ages 7-15) \$10, Children (6 and under) Free.....Step through the gates and immerse yourself in a day filled with excitement, wonder, and the spirit of the Renaissance. More information at— www.ctfaire.com

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.**



Calling all Seniors

(+55 and over)

Spring League Mixed Bowling
(10 weeks)

at

Kickback N' Bowl

9 Bear Swamp Road, East Hampton

Starting Wednesday October 4, 2023

2pm to 4pm

\$12 per week (\$4 shoe rental if needed)

Contact Jack Anderson

860-882-3752 or email: jackande52@aol.com



FREE FRAUD ALERT NOTIFICATION Hebron Residents Sign up for Notification of New Transactions

With FRAUD ALERT Hebron residents can sign up to receive alerts whenever a document, such as a mortgage, lien or deed is recorded under your name in the Hebron land records. Recorded documents can be viewed online. SIGN UP could not be easier. Visit the [SIGN UP](#) site enter your email address. Then enter up to 3 variations of your name as it may appear on a document. You will receive a confirmation email. That is it. Now anytime a document is recorded against any of the names you entered on the sign up page, you will receive an email letting you know that something has been recorded. You can look at the recorded document by going to the Town Clerk's page of the Hebron Town website and selecting [Search LAND RECORDS Database](#) or by visiting the Town Clerk's office.

We are very pleased to offer this service to our residents and hope that it affords some peace of mind.

PLEASE NOTE: There may be multiple property owners in Hebron that share the same name.

Please contact the Town Clerk's office or stop in and we will be happy to assist you in signing up for this FREE service.

The Town Center Project Presents...

ScareCrows Along Main

Join the fun in October and
stroll Hebron's Scarecrow
competition downtown!

All families, organizations,
businesses, teams and
neighborhoods are invited to get
involved and show us their
creative best

\$20

entry fee

Registration is required

For a registration form and guidelines
please email:

ttcp@thetowncenterproject.org

All applications must be
received by September 18th



0088 123 456 789



MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

An education program presented by the Alzheimer's Association®



If you or someone you know is facing
Alzheimer's disease, dementia or another
chronic illness, it's never too early to put
financial plans in place.

Join us to learn tips for managing someone
else's finances, how to prepare for future care
costs and the benefits of early planning.

**Wednesday, September 20
5:00 p.m.**

**Colebrook Village
55 John E Horton Boulevard, Hebron**

**Register with Tonya Maurer:
multitasking@comcast.net
860.539.9287**

This project was supported in part by grant number 90PFF1.0001-01-00
from the U.S. Administration for Community Living, Department of Health
and Human Services, Washington, D.C. 20201.

Visit alz.org/crf to register online and explore
additional education programs in your area.

ALZHEIMER'S ASSOCIATION®

HEBRON - COMMUNITY RENEWAL TEAM SEPTEMBER 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
4	CRT Closed In Observance of Labor Day	5	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit	6	Chicken Parmesan Pasta w/ Red Sauce Yellow Squash Bread Stick Fresh Fruit	7	Grape Juice /Cold Bkd Ham & Amer Cheese Sand on Soft Roll w/ Shredd Lett & Tom/ Potato Salad/ Must, Mayo / Yogurt Cup
11	Plain Beef Burger on Bun Ketchup, Must, Mayo Lettuce & Tomato Potato Wedges w/ Ketchup Fresh Fruit	12	Boneless Chicken Marsala Pesto Pasta Italian Style Vegetables Dinner Roll Fresh Fruit	13	Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus 100 % Whole Wheat Bread Fresh Fruit	14	<u>Butterscotch Puddin' Day</u> OI/Rst Turkey (Not Deli) w/ Gravy / Cranberry Sce Mashed Potatoes Mixed Veggies / Wheat Brd Butterscotch Pudding w/ Topping
18	<u>National Fortune</u> <u>Cookie Day</u> 100 % Fruit Punch Juice Chicken Stir Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fortune Cookie	19	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	20	Salad Greens w/ Ham / Hard Boiled Egg / Red Onions / Cherry Tomatoes / Cuc / Ranch Dressing / Bread Stick Fresh Fruit Lemon Pudding w/ Topping	21	Beef Meatballs Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wheat Brd Fresh Fruit
25	Grande Cheese Raviolis w/Marinara Sce Parmesan Cheese California Blend Vegetables Bread Stick Fresh Fruit	26	Breaded Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Fresh Fruit	27	Boneless Pork Chop w/ Mango Sce Plantains California Blend Veggies Cornbread Fresh Fruit	28	Potato Crumb Fish w/ Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Fresh Fruit

**** NUTRITION TIP :** No bones about it, all dairy products, almonds, kale, Swiss Chard and broccoli supply necessary calcium to prevent the risk of fractures. **

Menu items are subject to change.

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.

Hebron Senior Center Happenings.....September 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>August 28</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—Last Yoga of session 11:50–12:30—Lunch 12:45—Movie—Casablanca</p>	<p>August 29</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 12:45–3:15 Hand & Foot Canasta 1:00–2:15 Stamping</p>	<p>August 30</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45–3:00 Bus Trip 11:50-12:30—Lunch First Day of School (Hebron/Gilead Elem)</p>	<p>August 31</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 First Day of school (RHAM)</p>	<p>September 1</p> <p>8:30—Shopping S&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>4</p> <p>Labor Day Closed</p> 	<p>5</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>6</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Meditation 11:50–12:30—Lunch</p>	<p>7</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 Hebron Fair Opens—4pm Hebron Night \$2 Night</p>	<p>8 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 11:45–2:30—Bus to Hebron Fair Hebron Fair—Senior Day, free for seniors 65+ if you enter before 4</p>
<p>11</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 11:50–12:30—Lunch 12:30—Movie—Elsa & Fred (Please note new start time to movie)</p>	<p>12</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00-Noon—Speaker—Is it Aging or Something Else 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</p>	<p>13</p> <p>8:30 Commission on Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30-Noon Scarecrow Planning Session 11:50-12:30—Lunch</p>	<p>14</p> <p>9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:30—Sunshine Singers Then performing at Columbia SC 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>15</p> <p>8:30—Shopping—Walmart 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>18</p> <p>9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30-11:30 –Peer Support Group for Seniors 11:50–12:30—Lunch 12:30—Movie—The Apartment (Please note new start time to movie)</p>	<p>19</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 12:15 Chatham Health Pres 1:00–2:15 Stamping 1:00–3:15 Hand & Foot</p>	<p>20</p> <p>8:45–4 Bus Trip—Big E 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Meditation 11:50-12:30—Lunch</p>	<p>21</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>22</p> <p>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>25</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 11:50–12:30—Lunch</p>	<p>26</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 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta</p>	<p>27</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30-Noon Scarecrow Decorating 11:50-12:30—Lunch 1:30-2:30 Caregiver Support Group</p>	<p>28</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>29</p> <p>8:30 Shopping— Walmart 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:30—Put Scarecrow out on display</p>

Sudoku

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

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

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

Dessert Recipes

Brownie Cones

Ingredients

- 1 (19.8 ounce) package brownie mix
- ½ cup vegetable oil
- ¼ cup water
- 2 eggs
- 12 flat-bottomed wafer ice cream cones

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place brownie mix, vegetable oil, water, and eggs in a bowl; stir 50 strokes with a spoon.
- Spoon the brownie batter into ice cream cones, filling them about 3/4 full. Place cones on an ungreased baking sheet.
- Bake in the preheated oven until a toothpick inserted into the middle of a brownie center comes out clean, about 20 minutes.
- Cook's Note: They won't rise very much so if you want to, you can fill them more.
- You can also add frosting to the tops after they cool and decorate them



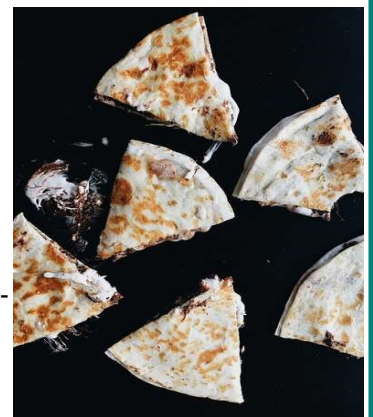
Gooey Tortilla S'more

Ingredients

- 1 (10 ounce) package large marshmallows, frozen
- 1 (13.5 ounce) package graham crackers, crumbled
- 1 (12 ounce) bag semisweet chocolate chips
- 8 (10 inch) flour tortillas

Directions

- Cut frozen marshmallows into smaller pieces.
- Layer graham crackers, marshmallow pieces, and chocolate chips on 4 tortillas, leaving a 1-inch border uncovered. Top with remaining 4 tortillas.
- Heat a lightly oiled griddle over medium heat. Cook tortillas until marshmallow pieces and chocolate chips are melted, about 2 minutes per side. Let cool for 1 minute; cut into 4 wedges.
- Cook's Note: Substitute teddy bear-shaped graham snacks (such as Teddy Grahams(R)) for the graham crackers if desired.



Recipes

Oven Baked Zucchini Fries

Ingredients

- ¾ cup Italian seasoned bread crumbs
- ¼ cup grated Parmesan cheese
- ¼ teaspoon seasoned salt
- 1 (9 inch) zucchini, peeled
- ¼ cup margarine or butter, melted

Directions

- Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper or aluminum foil lightly greased with cooking spray.
- Cut the peeled zucchini in half lengthwise and remove the seeds. Slice the zucchini into 1/2 x 1/2 x 4 inch pieces.
- Combine the bread crumbs, cheese, and seasoned salt in a pie plate. Dip the zucchini fries into the melted margarine, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Place the breaded zucchini onto the prepared baking sheet.
- Bake the zucchini in the preheated oven until the fries are golden and tender, about 15 minutes.



Israeli Salad

Ingredients

- 2 cups diced cherry tomatoes
- 2 cups diced English cucumber
- ½ cup diced red bell pepper, optional
- ¼ cup red onion, diced
- ¼ cup finely chopped mint
- ¼ cup finely chopped parsley
- 2 Tablespoons fresh lemon juice
- 1-2 Tablespoons extra virgin olive oil
- Sea salt, to taste

Directions

- Combine all ingredients together in a large bowl. Season with salt to taste. Refrigerate until ready to serve.



Southwest Steak

Ingredients

- 1/4 cup lime juice
- 6 garlic cloves, minced
- 4 teaspoons chili powder
- 4 teaspoons canola oil
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon pepper
- 2 beef flank steaks (1 pound each)

Directions

- In a small bowl, mix the first seven ingredients; spread over both sides of steaks. Place in a large resealable plastic bag; refrigerate 6 hours or overnight, turning occasionally.
- Grill steaks, covered, on a greased grill rack over medium heat or broil 4 in. from heat 6-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).
- Let steaks stand 5 minutes. Thinly slice across the grain.



Just Peachy Pork Tenderloin

Ingredients

- 1 pound pork tenderloin, cut into 12 slices
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons olive oil
- 4 medium peaches, peeled and sliced
- 1 tablespoon lemon juice
- 1/4 cup peach preserves

Directions

- Flatten each tenderloin slice to 1/4-in. thickness. Sprinkle with salt and pepper. In a large nonstick skillet over medium heat, cook pork in oil until tender. Remove and keep warm.
- Add peaches and lemon juice, stirring to loosen browned bits from pan. Cook and stir until peaches are tender, 3-4 minutes. Stir in the pork and preserves; heat through.



Dogs

Find and circle all of the words that are hidden in the grid. The remaining 44 letters spell an Ogden Nash quotation.

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

BASSET HOUND
BEAGLE
BLOODHOUND
BOXER
BULLDOG
CHIHUAHUA
CHOW CHOW
COCKER SPANIEL
COLLIE
CORGI

DACHSHUND
DALMATIAN
DEERHOUND
DINGO
GERMAN SHEPHERD
GREAT DANE
GREYHOUND
HUSKY
LHASA APSO
MALAMUTE

MASTIFF
PEKINGESE
PINSCHER
POINTER
POMERANIAN
POODLE
PUG
RETRIEVER
ROTTWEILER
SAINT BERNARD

SAMOYED
SCHNAUZER
SETTER
SHAR PEI
SHEEPDOG
SPITZ
TERRIER
WHIPPET