

2023

Hebron

Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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Veterans Appreciation Lunch—Wednesday, November 8th at Noon

We celebrate our veterans and are hosting an appreciation lunch, free for any veteran and a guest. Doors will open at 11:45am and lunch will be served at Noon. Tossed salad, pasta with meatballs, garlic bread, dessert, tea and coffee. Pre-registration absolutely required for everyone by Friday, November 3rd at Noon. To register, please call 860-228-1700.

Speaker—A Life Well Lived is a Life Well Planned

Tuesday, November 14th 11:00am—Planning for your health care is necessary, whether you are ill or may become ill in the future. It's never too early to start the important conversation. YOU are at the center of your health care. Does your family know your health care goals. Learn how to start the conversation. Sponsored by Middlesex Health. To sign-up, please call 860-228-1700.

Speaker—Healthy Holiday Eating

Wednesday, November 15th at 11:30am Healthy Eating Tips for the Holiday Season: Do you struggle to maintain healthy habits over the holidays? It can definitely be a hard time to stay active and eat well. In this class, Lindsey Kent (Registered Dietitian at ShopRite of East Hartford) will teach you some simple tips to stay healthy during all of your upcoming holiday events. This includes teaching you some small recipe substitutions for your favorite family dishes and how to avoid mindless eating at the buffets and snack bowls. To sign-up, call 860-228-1700.

Speaker—Fire Safety/Prevention and Q & A with Fire Chief Chris Bray

Tuesday, November 28th at 11:00am. Please join us as we welcome Fire Chief, Chris Bray, as he discusses fire safety and prevention along with answering all your questions. Pre-registration strongly encouraged for set-up, please call 860-228-1700.

Movie Monday(s)

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, November 6th - 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, November 20th, Barbie.** Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

YOGA The present session runs through **November 22nd.** Our new instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. The next session will be **November 27th and run through December 20th** (Mon. & Wed.) **8 classes for a cost of \$24.** Drop-in fee is \$5 per class. To register, call 860-228-1700.

Chatham Health Flu/Covid Vaccine Clinic—They DO have the vaccine—it arrived

Tuesday, November 7th 1:00-3:00pm. The regular flu vaccine, along with the reformulated version of the Covid vaccine (yes they did receive their shipment), and it is expected that the high dose flu vaccine for 65+ will be available. You can get both shots on the same day. Consent form which needs to be completed by everyone available at the Senior Center or on-line at Chatham Health (Chathamhealth.org) Please bring your insurance card and ID. The following insurance is accepted; Aetna, Anthem BC/BS, Cigna, ConnectiCare, Medicare Part B. They are unable to accept United HealthCare. Pre-registration NOT required.

Holiday Mason Jar and Rock Painting

Wednesday, November 29th at 12:30pm we'll be doing a holiday painting on either a mason jar or rock. The cost is \$5 and all supplies will be provided. Please pre-register by Monday, November 27th, by calling 86-228-1700.



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, November 1, 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.



Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation

Tuesday, November 7th and 21st — 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 10:00am Monday the day before, 860-228-1700.

Food Bank Transportation

Tuesday, November 14th and 28th – 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

Pre- registration is required by Thursday at 10am. Pick-ups will begin at 10:00am (starting November 3rd)— Friday, November 3rd Stop & Shop, Thursday, November 9th Big Y (special day – we are closed the 10th), Friday, November 17th Walmart, Tuesday, November 21st Big Y (we are closed the 23rd & 24th, pick up at 10:00am), December 1st Stop and Shop. Please call 860-228-1700 to sign-up.

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)

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 Stanesco, Donna Ciarfella, Karen Patterson, and Margaret Ludwig. (if we missed your name please let us know and we will get it in the next newsletter)

Programs and Activities

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. **Wednesday, November 15th at 2:00pm.** The topic will be on emergency preparedness. To register, call 860-228-1700.

RHAM Bingo—3rd Wednesday of the month

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, November 15th, 2:30-4:00pm.** The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

Fun with Stitches Open Quilting Group AND Created To Create Open Arts Group

We are closed the 10th and 24th we are combining both groups and share the space, **November 3rd & 17th, 10:15—12:15**

This will be an open time to come work on your quilting projects and we're calling all arts enthusiasts, of any and all kinds, who would like to gather together to work on their projects. Please bring your supplies and we provide the space for creating and comradery. 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. 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. Please call 860-228-1700 to register if it's your first time.

Knitting/Crocheting/Needle Group—Tuesdays

For those who would like to knit, crochet, or any kind of needle work come connect, share ideas, techniques, patterns, & maybe even teach others a new skill. The group meets 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, November 8th & 22nd 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

AARP Driver Course—IN-PERSON at the Senior Center

Tuesday, December 5th we will be hosting the AARP Driver's Course. **Class is 9:00am –1:00pm** and you need to arrive by 8:50am and bring something to write with. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. **You must pre-register by Monday, December 4th by noon.** When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. To register for the class call the senior center at 860-228-1700. Please note, coffee will be available in the morning, but no food is served, so if you may need something to nosh on, please feel free to bring it with you.

*****Lunch Trip—The Log Cabin in Lebanon—Tuesday, December 12th leave at 11:30, Transportation \$3.**

Free Lunch & Learn Sponsored by Marlborough Health & Rehabilitation Center

Wednesday, December 13th Noon, here at the Russell Mercier Senior Center in Hebron Doors open at 11:45. The topic will be on Facing the Holiday Blues. Lunch is included and it is free. It's a very good bagged lunch of 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, December 11th by 10:00am.

RHAM Middle School Chorus Carol Sing-A-Long, Friday, December 15th 10:45am

Please join us on Friday, December 15th at 10:45am as we welcome the RHAM Middle School Chorus for their yearly caroling performance. There will be light refreshments available and we do ask you to pre-register so we know how many to plan for. Please call 860-228-1700 to sign-up. Let's have a great turnout to celebrate the kids performing.

. Chatham Health & RHAM Bingo—Wednesday, December 20th 2:00pm

. Holiday Party with the Sunshine Singers—Thursday, December 21st—10:45am –12:45

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.

CT DoAg Accepting Applications for Low-Income Pet Vaccinations and Sterilizations Starting November 1

The Connecticut Department of Agriculture's (CT DoAg) Animal Population Control Program (APCP) will begin accepting applications for the Low-Income Program to assist eligible Connecticut residents with vaccination and sterilization of their owned pets on Wednesday, November 1, 2023. Application forms are available for download in English and Spanish at <https://portal.ct.gov/DOAG/Regulatory/Regulatory/Animal-Population-Control-Program>. They must be completed and returned by mail.

To be eligible for the Low-Income Program, recipients must be a Connecticut resident and on one of six public assistance programs outlined in C.G.S. Sec. 22-380e and approved by the Department of Social Services. Upon confirmation of participation, vouchers will be issued by APCP to low-income residents for up to two pets on a first-come, first-serve basis of the available funds. The voucher is valid for 60 days and provides two vaccinations and a one-time sterilization benefit of \$80 for a male cat, \$120 for a female cat, \$180 for a male dog, and \$200 for a female dog.

Sterilizations and vaccinations must be performed by a Connecticut Licensed Veterinarian participating in the Animal Population Control Program. A list of practices and facilities with participating licensed veterinarians can be found [here](#). If the veterinarians spay/neuter fee exceeds the voucher amount, the eligible pet owner is responsible for the difference. Payment for any additional procedures and/or medications is the responsibility of the pet owner.

Questions about the Low-Income Program for the Fiscal Year 2024 can be directed to the Animal Population Control Program (APCP) by email agr.apcp@ct.gov or by calling 860-713-2507.

HEBRON FIRE DEPARTMENT—HELP US FIND YOUR HOUSE IN AN EMERGENCY

The Hebron Fire Department is **selling reflective 911 address signs**. Our goal is to get the Hebron community well marked for the safety and well-being of all. Time is a critical factor for emergency services. Every minute lost to inadequately marked homes can make the difference between life or death, and damage or total destruction.

HVFD recommendations are as follows:

1. Use a 4"x4" post, 6 foot steel stake or sufficiently extended mailbox post installed beside the driveway on the frontage of the property.
2. The post should be placed no more than 5 feet back from the edge of the road. The purpose of the sign is to be easily visible to approaching emergency responders.
3. The reflective sign can be attached either vertically or horizontally approximately 4 feet high in order to be above the snow bank line.

Reflective address forms are available at Hebron Fire Department, 44 Main St., Senior Center, 12 Stonecroft Dr., the Town Office Building, 15 Gilead St. OR on their web site HebronFD.com and click on address signs.

*****IMPORTANT NEWS Medicare Open Enrollment*****

Medicare Open Enrollment which occurs every year from October 15th through December 7th is the time to review your current health insurance coverage.

Even if you are satisfied with your current coverage, it is highly recommended that you look at other options that could better suit your individual needs, and potentially save you money, in the upcoming year.

Coverage and out of pocket costs vary widely among both Medicare Advantage (Part C) plans and Prescription Drug Plans (Part D). Plans can change from one year to the next, which could lead to unexpected and avoidable costs and disruptions in care for beneficiaries who do not review their options annually. For example, changes in provider networks could mean beneficiaries lose access to their preferred doctors, while changes in the list of covered drugs and cost-sharing requirements could result in higher out-of-pocket drug costs. Additionally, beneficiaries' health care needs can change from one year to the next, making it even more important to compare coverage options annually. Even without a change made by their plan or a change in health status, beneficiaries may be able to find a plan that better meets their individual needs or lowers their out-of-pocket costs. It is therefore highly recommended that beneficiaries review and compare their Medicare options each year.

During Medicare Open Enrollment you can –

- Join a new Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C)
- Switch from Original Medicare to Medicare Advantage or from Medicare Advantage to Original Medicare

Any change that you make during Medicare Open Enrollment will take effect January 1

Appointments available through Thursday, December 7th

call 860-228-1700 to make an appointment.

2023-2024 CT Energy Assistance Program (CEAP) and the New Eversource Low-Income Discount Rate

Please note the eligibility criteria for the upcoming heating assistance program and the changes in award amounts. Please note information regarding the new Eversource Low-Income Discount Rate.

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for eligible residents.

Federal Poverty Guidelines/State Median Income 2023-2024

Level	1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
1	\$18,225	\$24,650	\$31,075	\$37,500	\$43,925	\$50,350	\$56,775	\$63,200
2	\$29,160	\$39,440	\$49,720	\$60,000	\$70,280	\$80,560	\$90,840	\$101,120
3	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

Basic Benefit

Level	Poverty Guideline	Vulnerable Household 60+, disabled, or under 6	Non-Vulnerable Household
1	At or below 125% Federal Poverty Level	\$530	\$480
2	126% - 200% Federal Poverty Level	\$380	\$330
3	201% Federal Poverty Level – 60% State Median Income	\$230	\$180

CRISIS ASSISTANCE BENEFITS address the heating needs of deliverable fuel heated households that have exhausted their Basic Benefits and are still at imminent risk of losing heat.

Eligible deliverable fuel heated households will be eligible to receive a Crisis Assistance Benefit of \$410. All deliverable fuel eligible households may receive a Crisis Assistance Benefits of \$410 each during the program year. Eligible households at level 1 and 2 may receive a second Crisis Assistance Benefit of \$410 during the program year. Utility heated households (e.g., electric and natural gas heated households) are not eligible for Crisis Assistance Benefits.

SAFETY NET ASSISTANCE BENEFITS will not be available during the 2023-2024 program year.

Rental Assistance Benefits are available to those households who do not make direct-to-vendor payments for their primary source of heat. Households that are determined eligible for Rental Assistance Benefits will receive a direct cash benefit to defray heating costs.

Level	Poverty Guidelines	Amount
1	Up to 125% of Federal Poverty Guidelines	\$125
2	126% -200% Federal Poverty Guidelines	\$100
3	201% Federal Poverty Guidelines - 60% State Median Income	\$75

NEW!!! – Eversource Low-Income Discount Rate

Starting no later than 1/1/2024, Eversource will begin offering a two-tiered Low-Income Discount Rate to eligible households. For those who heat with electricity, this discount rate will be applied to the first 1,200 kWh/month.

For those who do not heat with electricity, this discount rate will be applied to the first 800 kWh/month. Tier 1 households (households up to 60% State Median Income – see Level 3 income listed above) will be eligible for a 10% discount on the portion of their bill as noted above dependent upon heat source. Tier 2 households (households up to 160% Federal Poverty Guidelines – see chart below) will be eligible for a 50% discount on the portion of their bill as noted above dependent upon heat source.

160% Federal Poverty Guidelines

1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
\$23,328	\$31,552	\$39,776	\$48,000	\$56,224	\$64,448	\$72,672	\$80,896

Based on the new Low-Income Discount Rate, total monthly payments will be recalculated, and a new Monthly Payment schedule will be provided.

Please contact the Senior Center at 860-228-1700 to make an appointment to apply starting October 16



Coffee Together

MONDAY, November 13th

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 gatherings to openly discuss issues and challenges you may be
experiencing and receive support from your peers.

Coffee and Tea will be provided.

Upcoming Support Group Dates:

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

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:

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

Absentee Ballots for the Nov. 7 municipal election are now available at the town clerk's office located at 15 Gilead St. To request an absentee ballot, complete and submit an application, online, by mail or in person, to the Town Clerk, Town Office Building, 15 Gilead St., Hebron, CT 06248. There is a ballot drop box located at the front door of the Town Office Building that can be used for depositing applications and ballots at any time. Town office hours are: Monday through Wednesday, 8 a.m.-4 p.m.; Thursday, 8 a.m.-6 p.m.; and Friday, 8 a.m.-1 p.m. For more information, call 860-228-5971 ext. 125. In-person voting for the Nov. 7 election will be held at Hebron Elementary School, 92 Church St. Polls will be open from 6 a.m.-8 p.m.

Park & Rec 30+ Basketball:

Drop-in games for all skill levels ages 30 and over.
Tuesdays through Nov. 21, from 7-9 p.m., at the RHAM High School main gym. Cost is \$3 (cash only) each visit

Pet Food Drive

The Shake a Leg! pet care business is hosting a pet food drive through Dec. 1, to benefit the Hebron Dog Pound, the Hebron Inter-faith Human Services food pantry and the Marlborough food pantry. Shake a Leg! is collecting canned dog and cat food, dry food and cookies/treats, clean blankets/dog beds, and cat litter. All donations are appreciated. Pick-up in Hebron, Amston or Marlborough can be arranged, or items can be dropped off in Amston. Contact Suzanne Savage via phone/ text for details, at 860-368-9125.

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
November 11th—Roast Pork Dinner 4:00-6:00pm—Dinners/Drive Thru (while supplies last)

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 Moving to Winter Hours

Tuesday/Thursday/Saturday 7:30am-4:00pm Sundays 7:30am-2:00pm

For more information, call Public Works at 860-228-2871.

Volunteers Sought for AARP Tax Foundation

For many years, the senior centers in Colchester, Hebron, Marlborough, Columbia, East Hampton and East Haddam have hosted the AARP Tax-Aide Program, which provides free income tax preparation services for residents of these towns and surrounding communities. Tax-Aide is offered in conjunction with the IRS. The program is looking for people to join its volunteer team. You don't need to be an accountant or tax professional; the volunteers come from a variety of backgrounds. Training and support are provided. To volunteer, go to aarpfoundation.org/taxaidevolunteer, or call 1-888-AARP-NOW (888-227-7669). For additional information before signing up, contact your local senior center and you will be connected with a local Tax-Aide volunteer.

Hope Farm Animal Sanctuary In Coventry

Is hosting a Spaghetti Dinner and Silent Auction on **Saturday, November 18th from 4:00-7:00pm**. Proceeds go to house, feed and Vet services for the many rescued animals such as: cows, pigs, sheep, horses, dogs, cats, and chickens.

Tickets to be purchased at the door

Tickets

\$10 for adults ages 12yrs & up

\$5 for kids ages 4yrs to 11yrs

Free for 3yrs and under

To be held at;

The Coventry Fire Department

1755 Main St.

Coventry, CT 06238

Historical Society Cemetery Program

The Hebron Historical Society has been researching individuals buried in the Burrows Hill Cemetery, and will share its findings Saturday, Nov. 4, at 11 a.m., in the Burrows Hill Cemetery, 295 Burrows Hill Rd. In case of inclement weather, the program will be presented at the Old Town Hall, 26 Main St., also at 11 a.m. You will meet Adelle White, teacher at Burrows Hill School; Josephine S. Griffing, abolitionist and founder of the Freedman's Bureau; Peggy Dow, wife of revivalist Lorenzo Dow; Captain Elisha Beach, captain during the Revolutionary War; and Daniel Burrows, for whom Burrows Hill Road was named.

HEBRON COMMUNITY RENEWAL TEAM **November** 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	DID YOU KNOW THAT CRANBERRIES ARE OFTEN CONSIDERED TO BE A " SUPER " FOOD ?		THE NUTRIENTS IN CRANBERRIES CAN LOWER THE RISK OF UTI'S ; IMPROVE IMMUNE FUNCTION & DECREASE BLOOD PRESSURE !	1	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Mustard, Relish Baked Beans / Coleslaw Yogurt Cup	2	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit
6	Plain Beef Burger on Bun Ketchup, Must, Mayo Lettuce & Tomatoes Potato Wedges w/ Ketchup Fresh Fruit / Cake	7	Grape Juice Cold Turkey & Amer Cheese Sandw on Soft Roll w/ Shredd Lett & Tomato / Potato Salad Must, Mayo / Fruit Bar	8	Orange Juice Boneless Chicken Marsala Pesto Pasta Italian Style Veggies Dinner Roll Cookie	9	Cheesy Vegetable Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
13	100 % Fruit Punch Juice Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Brd Tapioca Pudding w/ Topping	14	Salad Greens w/ Ham Hard Cooked Egg / Red Onions / Cherry Tomatoes / Cuc / Ranch Dressing / Bread Bread Stick / Fresh Frit Cookie	15	Salisbury Steak w/ Gravy Mashed Potatoes Asparagus 100 % Whole Wheat Brd Fresh Fruit	16	<u>CRT Celebrates Thanksgiving</u> Grape Juice Roast Turkey w/ Gravy Cranberry Sce / Cornbread Stuffing / Peas & Carrots / Dinner Roll / Apple Crisp w/ Whipped Topping
20	<u>Nat'l Vanilla Cupcake Day</u> Orange Juice Chicken Stir Fry Vegetable Fried Rice Asian Vegetable Blend 100 % Wheat Bread Frosted Vanilla Cupcake	21	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	22	Potato Crumb Fish w/ Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Fresh Fruit	23	Happy Thanksgiving Day ! CRT Closed In Observance of the Holiday
27	Beef Meatballs Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	28	Breaded Chicken with Gravy / White Rice / Steamed Broccoli Wheat Bread Fresh Fruit	29	Grande Cheese Raviolis w/ Marinara Sce Parmesan Cheese Italian Blend Veggies/ Bread Stick / Fresh Fruit	30	Orange Juice Boneless Pork Chop with Mango Sce / Plantains / California Blend Vegetables / Cornbread / Home-baked Cookie

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.

-Menu Items are subject to change-

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.....November 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
	31 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 10:30—Speaker—Cooking for 1 or 2 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 Ca	November 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:50-12:30—Lunch	November 2 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	3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping— S & S 10:15—12:15— Fun with Stiches Quilting Group AND Created to Create Art Space 12:15-2:15 Watercolor Class
6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 9:00-3:00—Massage 11:50—12:30—Lunch 12:30- Movie—And So It Goes	7 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 1:00-3:00 Vaccine Clinic Covid & Flu ELECTION DAY—GO VOTE	8 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA TODAY 10:15—11:15—Meditation 11:45 –Veterans Apprecia- tion Lunch—Pre-registration required by Nov.3rd	9 9:00—3:00 Exer. Rm 10:00—Shopping Big Y 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	10 CLOSED FOR VETERANS DAY
13 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 10:30-11:30—Coffee Together Chat Group 11:50—12:30—Lunch	14 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 11:00 Speaker-A Life Well Lived is a Life Well Planned 11:00 Food Bank—must pre-register 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	15 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:30-12:30—Speaker— Nutritionist—Healthy Holiday Eating 12:30—Lunch 2:00 Chatham Health Pres 2:30—RHAM Bingo	16 9:00—3:00 Exer. Rm 10:10—11:45—Sunshine Singers 11:30-3:30—Massage 11:50—12:30—Holiday Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	17 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 AND Created to Create Art Space
20 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 12:30—Movie—Barbie	21 9:00—3:00 Exer. Rm 10:00—Shopping Big Y 10:00—11:30—Knitting/ Crocheting/Needlework 11:00 Food Truck - must pre-register 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot	22 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 10:15—11:15—Meditation 11:50—12:30—Lunch	23 CLOSED FOR THANKSGIVING	24 CLOSED FOR THANKSGIVING
27 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—New Session 11:50—12:30—Lunch	28 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/ Crocheting/Needlework 11:00 Fire Safety/Q & A with Fire Chief Chris Bray 11:00 Food Bank—must pre- register 11:50—12:30—Lunch 1:00—2:15 Stamping 1:00—3:15 Hand & Foot Canasta	29 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—New Session 11:50—12:30—Lunch 12:30-2- Holiday Mason Jar & Rock Painting 1:30—Caregiver Support Grp.	30 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	December 1 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping— S & S 10:15—12:15— Fun with Stiches Quilting Group

Sudoku

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

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

Dessert Recipes

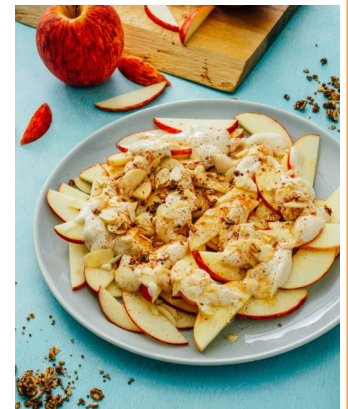
Apple Slice Nachos

Ingredients

- 2 apples
- ½ cup full fat Greek yogurt (or plain yogurt)
- 2 tablespoons pure maple syrup or honey, plus more for drizzle
- 1 tablespoon peanut butter (optional; omit for nut allergies)
- 3 tablespoons sliced almonds
- Cinnamon, for dusting
- Other toppings: granola, mini chocolate chips, etc.

Directions

- Slice the apples.
- In a small bowl, mix the Greek yogurt, maple syrup or honey, and if using, peanut butter. If it is very thick, stir in up water a teaspoon at a time until it comes to a drizzleable consistency (depends on the brand and type of yogurt and whether you're using peanut butter).
- Drizzle the yogurt sauce over the apples. Top with sliced almonds and a few pinches of cinnamon. If desired, add another drizzle of honey or other toppings. Serve immediately.



Gingerbread & Pumpkin Cream Trifle

Ingredients

- 1 package (14-1/2 ounces) gingerbread cake/cookie mix
- 1 package (3 ounces) cook-and-serve vanilla pudding mix
- 1/4 cup packed brown sugar
- 1-2/3 cups canned pumpkin pie mix
- 1 carton (8 ounces) frozen whipped topping, thawed
- Optional toppings: caramel topping, toasted pecans and gingersnap cookies

Directions

- Prepare and bake gingerbread cake according to package directions. Cool completely on a wire rack.
- Meanwhile, prepare pudding mix according to package directions; stir in brown sugar and pie mix. Transfer to a bowl; refrigerate, covered, 30 minutes.
- Cut or break gingerbread into 3/4-in. pieces. In ten 12-oz. glasses or a 3-qt. trifle bowl, layer half of each of the following: cake, pumpkin mixture and whipped topping. Repeat layers. Refrigerate, covered, 4 hours or overnight. Top as desired.



Recipes

Amish Breakfast Casserole (great for Thanksgiving morning)

Ingredients

- 1 pound sliced bacon, diced
- 1 medium sweet onion, chopped
- 6 large eggs, lightly beaten
- 4 cups frozen shredded hash brown potatoes, thawed
- 2 cups shredded cheddar cheese
- 1-1/2 cups 4% cottage cheese
- 1-1/4 cups shredded Swiss cheese

Directions

- Preheat oven to 350°. In a large skillet, cook bacon and onion over medium heat until bacon is crisp; drain. In a large bowl, combine remaining ingredients; stir in bacon mixture. Transfer to a greased 13x9-in. baking dish.
- Bake, uncovered, until a knife inserted in the center comes out clean, 35-40 minutes. Let stand 10 minutes before cutting.



Sheet-Pan Chicken and Vegetables

Ingredients

- 2 pounds red potatoes (about 6 medium), cut into 3/4-inch pieces
- 1 large onion, coarsely chopped
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1-1/4 teaspoons salt, divided
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed, divided
- 3/4 teaspoon pepper, divided
- 1/2 teaspoon paprika
- 6 bone-in chicken thighs (about 2-1/4 pounds), skin removed
- 6 cups fresh baby spinach (about 6 ounces)
- Lemon wedges, optional

Directions

- Preheat oven to 425°. In a large bowl, combine potatoes, onion, oil, garlic, 3/4 teaspoon salt, 2 teaspoons fresh rosemary or 1/2 teaspoon dried rosemary, and 1/2 teaspoon pepper; toss to coat. Transfer to a 15x10x1-in. baking pan coated with cooking spray.
- In a small bowl, mix paprika and the remaining salt, rosemary and pepper. Sprinkle chicken with paprika mixture; arrange over vegetables. Roast until a thermometer inserted in chicken reads 170°-175° and vegetables are just tender, 35-40 minutes.
- Remove chicken to a serving platter; keep warm. Top vegetables with spinach. Roast until vegetables are tender and spinach is wilted, 8-10 minutes longer. Stir vegetables to combine; serve with chicken. If desired, serve with additional fresh rosemary and lemon wedges.



Creamy Make-Ahead Mashed Potatoes (these are not low-cal)

Ingredients

- 3 pounds potatoes (about 9 medium), peeled and cubed
- 6 bacon strips, chopped
- 8 ounces cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup butter, cubed
- 1/4 cup 2% milk
- For this recipe, we recommend using fluffy russets, creamy Yukon Golds or a mix of both.
- 1-1/2 teaspoons onion powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1 cup shredded cheddar cheese
- 3 green onions, chopped

Directions

- Place potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until tender.
- Meanwhile, in a skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain.
- Drain potatoes; return to pan. Mash potatoes, gradually adding cream cheese, sour cream and butter. Stir in milk and seasonings. Transfer to a greased 13x9-in. baking dish; sprinkle with cheese, green onions and bacon. Refrigerate, covered, up to 1-2 days.
- Preheat oven to 350°. Remove potatoes from refrigerator and let stand while oven heats. Bake, covered, 30 minutes. Uncover; bake 10 minutes longer or until heated through.



Thankful For...

Find and circle all of the people and things to be thankful for. The remaining letters spell a secret message.

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

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS

ELECTRICITY
EYEGLASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FOOD
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA

GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE

PETS
RAINBOWS
SCHOOL
SINGING
SISTERS
SMART PHONES
SMILES
SUNSHINE
TEACHERS
TELEVISION
VOLUNTEERS
WARM SHOWERS