

2024

Hebron Senior Center Newsletter

January

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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

SENIOR CENTER CLOSED on Monday, January 1st & Monday January 15th for the holidays

Movie Monday(s) - January 8th & 22nd at 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, January 8th Elvis & Nixon**— The untold true story behind the meeting between the King of Rock 'n Roll and President Nixon, resulting in this revealing, yet humorous moment immortalized in the most requested photograph in the National Archives. **Monday, January 22nd Love & Mercy** John Cusack and Paul Dano star as Beach Boys genius Brian Wilson in "the best musical biopic in decades" (Chicago Tribune). Also starring Elizabeth Banks and Paul Giamatti.

Energy Assistance Winter Heating Program Detailed info on page 7

The Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. To make an appointment, please call 860-228-1700.

Linda's Craft Corner

Join Linda on **Wednesday, January 24th at Noon (notice special time)** to make Valentine decorations for our new "yearly" tree and or your home and rock painting. Cost is \$3 per person for supplies. Come early for lunch at 11:30am. To sign-up, call 860-228-1700. Registration deadline, Monday, January 22nd at Noon.

AARP INCOME TAX PREPARATION FOR THE 2023 TAX YEAR

Certified AARP Tax Preparation volunteers will be at the Hebron Senior Center to prepare basic Federal and State tax returns on Tuesdays from 9:00am-1:00pm on the following dates; February 6, February 13, February 20, February 27, March 5, March 12, March 19, March 26. Sign-ups will begin starting Thursday, January 4, 2024, call 860-228-1700. There are four appointments per time slot and they are one hour appointments 9:00am, 10:00am, 11:00am, and Noon.

Food Pantry

The HHHS Food Pantry on Pendleton Dr. will be closed December 23rd-January 8th. They will re-open Tuesday, January 9th at 9:00am.

*****Senior Center Weather Closing Policy*****



If Schools are closed due to poor weather/road conditions
or a major power outage
The Senior Center is closed and there will be NO Dial-A-Ride, senior
center activities, or Meals on Wheels. If schools have a 2 hour delay,
Center activities and transportation start @ 9:00AM.



HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

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

(2 open spots on the board and 2 open spots for alternates) Board of Selectmen Liaison: vacant

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, January 3, 2024 - 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, January 2nd, 16th and 30th — 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

As needed—please call to schedule a time—860-228-1700. Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm

Weekly Shopping Trips

Pre- registration is required by Thursday at 10am. Pick-ups will begin in the general time of 10:00am based on where pick-ups will be—January 5th Aldi's & Walmart, Friday, January 12th Stop & Shop, January 19th Big Y, Friday, January 26th Aldi's & Walmart. 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 11

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.

Thank you for the Donations Thank you for the various donations to the senior center that range from goods to monetary; Stella Stanescu (if we missed your name please let us know and we will get it in the next newsletter)

Programs and Activities

Bus Trip—Lunch—Cracker Barrel Tuesday, January 9th—Yes we did just go, BUT isn't it all about the shopping anyway? We're hoping there might be post holiday sales, so we figured let's go again. Leaving at 10:45am and returning approximately 2:45. Transportation cost is \$5. To sign-up, call 860-228-1700

Chatham Health Monthly Presentation

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Tuesday of the month. **Wednesday, January 17th at 2:00pm and the topic will be brain health.** 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, January 17th, 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 combining the groups (we have plenty of space) pooling the creative energy. **Friday 10:15am-12:15pm January 5th, 12th, 19th, & 26th** 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—changing day and time

We are moving to Monday's after Yoga (2x/month) starting at 11:25. January dates are the 8th & 22nd. The class is free. 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.

YOGA

The next session will be **January 3rd –February 7th (Mon. & Wed.) 10 classes for a cost of \$30.** (if you were in the last season there will be a two class credit for the classes that weren't held). No class January 15th—we are closed. Drop-in fee is \$5 per class. 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. To register, 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 9:00-3:30pm (last appointment at 3:00pm if 25 min appt.) Gift certificates available. To make an appointment, please call 860-228-1700.

Hebron Senior Center presents:

2024 Theme: *Florals in Fashion*

The Orchid Show

At The New York Botanical Garden!
Wednesday, March 27, 2024



Take a break from the cold and come bask in the *tropical warmth* of the Enid A. Haupt Conservatory at New York Botanical Garden, surrounded by orchids in an amazing array of colors, shapes, sizes, and textures.

Orchids have a magical beauty and come in all different colors and scents. See structures covered with orchids in the Conservatory which will become an exotic spectacle to dazzle the senses.

This is also the special time when the **Magnolias** are blossoming in profusion. Jump aboard the complimentary tram and ride through the magnolia collection for a wonderful treat! Other Highlights: **Perennial & Rock gardens** in bloom. Take a peek at the **Home Gardening Center**. Shop in the first class NYBG Museum Shop and stop by the Garden Café or the new Pine Tree Café for a bite to eat (on own).

Time on Arthur Avenue for shopping at the Italian Markets.

COST: \$124.PP BASED ON 35-50

For Reservations: Mandy Rocznik 860-228-1700

*Depart: 7:15am Hebron Senior Center, 14 Stonecroft Drive

Est. Return: 7:30pm Hebron

*Departure time is subject to change Checks Payable to: Hebron Senior Center

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshipstours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



There is a tram on-site to navigate the grounds, BUT do expect quite a bit of walking along with the time spent on Arthur Avenue at the Italian Market

Only 10 seats available

Deadline to sign-up is Tuesday, February 13th

(NO Refunds after this date unless you can find someone to fill your spot)

Eastern CT Veterans Community Center

47 Crescent Street
Willimantic, CT, 06226
860-423-6389

easternCTveteranscenter@gmail.com

WHO WE ARE.....

Every Wednesday veterans come for our Coffee House from 9-11:00 AM and enjoy the comradery and family connectiveness that has grown between our servicemen. Each week they enjoy different speakers, presentations and videos over coffee and breakfast. Windham Regional Veterans Coffeehouse EVERY WEDNESDAY, 9-11 AM NEW LOCATION 47 Crescent St. Willimantic CT Variety of speakers, announcements, updates and camaraderie... plus coffee & donuts. Veterans of any age or branch of our Armed Forces are welcome to join us!

Veterans that need assistance with their benefits, housing, employment and even learning how to use a computer, can make an appointment to meet with the Windham VA Veteran Representative.

The Center is run completely by volunteers and donations. We collaborate with our partners to provide experts and care to meet our veterans needs. Our volunteers are incredibly strong advocates for veterans and we work closely with our municipal, state and federal lawmakers to make sure veterans are taken care of.

If you would like to know more or would like to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.



Free Confidential Short-term mental health counseling for individuals 18 and up in the Hebron area.

Individual Counseling Sessions with MSW Intern Michele Boutin.

After several sessions, if needed, a referral to continue mental health services will be given.

Please call Michele to schedule an initial session.

Phone: 860-228-1700 Ext. 204

Location: 12 Stonecroft Drive Hebron CT. 06248

Counseling Services being offered for the following:

Depression
Anxiety
Relationships
Trauma
Bereavement
Life Transitions
PTSD
Substance misuse

In-person and virtual appointments are available.

Supervision is provided by a Licensed Clinical Social worker.

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.

Exercise Equipment Room—Daily

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 50-minute time slots from 9:00am – 3:00pm Monday – Thursday (last time slot at 2:00pm) with 10 minutes between appointments for cleaning, Fridays 9:00-12:00 (last time slot at 11:00am). To reserve a time please call 860-228-1700.

PLANNING AHEAD—SAVE THE DATES

Bus Trip—will be listed in the February newsletter and the Rivereast mid-January.

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, February 21st at 2:00pm.** The topic will be listed in the February newsletter. 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, February 21st, 2:30-4:00pm.** The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

A New Year

The day does offer promise
A chance for something new
Time for new direction
To make a change or two

This burst of inspiration
Does come but once a year
A time for something different
And hopes that change is near

How will you use this moment
What will you choose to change
What aspect of your story
Are you poised to rearrange

In truth it's just illusion
It's not about the day
It's how you view the future
And challenge in your way

RBL

Advice for All on New Year's Day from Ann Landers

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

- Find the time to be kind and thoughtful. All of us have the same allotment: 24 hours a day. Give a compliment. It might give someone a badly needed lift.
- Think things through. Forgive an injustice. Listen more.
- Apologize when you realize you are wrong. An apology never diminishes a person. It elevates them.
- Try to understand a point of view that is different from your own. Few things are 100 percent one way or another.
- Examine the demands you make on others.
- Lighten up. When you feel like blowing your top, ask yourself, "Will it matter a week from today?"
- Read something uplifting. Deep-six the trash. You wouldn't eat garbage—why put it in your head?
- Don't abandon your old-fashioned principles. They never go out of style.
- Take better care of yourself. Remember, you're all you've got. Pass up that second helping. You really don't need it. Vow to eat more sensibly. You'll feel better and look better, too.
- Give yourself a reality check. Phoniness is transparent, and it is tiresome. Take pleasure in the beauty and the wonders of nature. A flower is God's miracle.
- Walk tall, and smile more. You'll look 10 years younger.
- Don't be afraid to say, "I love you." Say it again. They are the sweetest words in the world.

*Happy
New Year*

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 n' Chat

(or just chat if you don't like coffee)

January 10th at 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.

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

January 24 at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT

860-228-1700 EXT. 204



Registration is not required.

Hebron Senior Center Happenings.....January 2024

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
January 1 CLOSED FOR NEW YEAR'S 	2 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	3 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	4 9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–11:45–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	5 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00 Shopping—Aldi's & Walmart 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space
8 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 11:25-11:55—Meditation 11:50–12:30–Lunch 12:30—Movie—Elvis & Nixon	9 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/Crocheting/Needlework Noon—Bus Trip to Cracker Barrel 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	10 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	11 9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–11:45–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	12 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 Reminder—we are closed Monday, January 15th
15 CLOSED FOR MARTIN LUTHER KING JR. DAY 	16 9:00–3:00 Exer. Rm 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 Canasta	17 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 2:00 Chatham Health Pres 2:30—RHAM Bingo	18 9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–11:45–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	19 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00 Shopping—Big Y 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space
22 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 11:25-11:55 —Meditation 11:50–12:30–Lunch 12:30—Movie—Love & Mercy	23 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/Crocheting/Needlework 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	24 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:30–Lunch—Special Time Noon– 2:00pm—Linda's Craft Corner—Decorations for Valentines Day & Rock Painting	25 9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–10:45–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	26 9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:00 Shopping—Aldi's & Walmart 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space
29 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	30 9:00–3:00 Exer. Rm 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 Canasta	31 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	February 1 9:00–Noon Exer. Rm 9:00–3:30–Massage 10:10–10:45–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO 12:45-3:15–Mah Jongg	2 9:00-10:00–Enh. Fitness via ZOOM with Paul 9:00–Noon Exer. Rm 10:00–Shopping—S & S 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	Senior Center Closed In Observance of Holiday Happy New Year! 	2	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Must, Relish Bkd Beans / Coleslaw Van Pudding	3	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit	4	Chicken Parmesan / Pasta w/ Red Sce / Yellow Squash Bread Stick Fresh Fruit
8	Grape Juice Boneless Chicken Marsala Parslied Pasta Italian Style Veggies Bread Stick Wholegrain Fruit Bar	9	Cold Turkey & Amer Cheese Sandw on Soft Roll w/ Shredd Lett & Tomato / Potato Salad Must, Mayo / Fresh Fruit	10	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	11	100 % Fruit Punch Ice Beef Stroganoff Rice Vegetable Medley Wholegrain White Bread Cookie (NO NUTS)
15	Senior Center Closed In Observance MLK Day 	16	Grape Juice Stuffed Cabbage w/ Sce Mashed Potatoes Broccoli Florets Wholegrain White Brd Brownie (NO NUTS)	17	Orange Juice Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Wheat Dinner Roll Chocolate Pudding	18	<u>Nat'l Take A Coffee Break Day</u> Orange Juice Boneless Pork Chop w/ Gravy Fried Rice / California Blend Vegetables / Cornbread Loaf Coffee Cake
22	Kielbasa / Mustard Carmelized Onions Paprika Diced Potatoes Prince Edward Veggies Wheat Brd Fresh Fruit	23	MANDATORY FOOD SAFETY TRAINING FOR CAFÉ COORDINATORS BOXED LUNCHES GRAB AND GO STYLE	24	Orange Juice Boneless Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Yogurt Cup	25	Grande Cheese Raviolis w/ Marinara Sce Parmesan Cheese Italian Blend Veggies Garlic Knot Fresh Fruit
29	Cheesy Veg Lasagna w/ Alfredo Sce Zucchini Bread Stick Fresh Fruit	30	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	31	Salad Greens w/ Ham Hard Cooked Egg / Red Onions / Cherry Toms / Cucs Ranch Dressing / Bread Stick Fresh Fruit		Physical activity can improve your sleep, mood, muscle strength and resistance to disease. Thirty minutes of activity - walking, even household chores count !

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.

From AARP

How to protect yourself against bank scams

Some tips from the American Bankers Association and other sources include:

- **Never click on links on texts or emails in a text or email notification.** Instead, go to the bank's website (even if you've signed up for text alerts). Use the URL listed on your statements or that you've previously bookmarked, and check for any alerts on your account.
- **If you get a robocall or call from someone claiming to be from your bank, hang up.** Then contact your bank in a way you know to be legitimate, either online or by calling the phone number on your statement or debit card.
- **Never provide account data or personal info.** As ABA's [Banksneveraskthat.com](https://www.banksneveraskthat.com) website explains, "our bank will never ask for your PIN, password, or one-time login code in a text message. If you receive a text message asking for personal information, it's a scam."
- **Don't rely on caller ID.** Scammers can use technological tricks to display actual bank phone numbers or even the name of the bank.
- **Be wary of a message or caller insisting that you take immediate action.** Scammers try to put you under pressure to act quickly, to make it more difficult for you to think clearly.
- **When in doubt, seek assistance.** If you're unsure what to do in response to what appears to be an alert from your bank, stop and ask a trusted person — a friend, family member or coworker — to help you.

Reporting bank impersonation scams

If you experience a bank impersonation attempt, **notify your financial institution of the occurrence.** Include a screenshot of the text. If you lose money to this scam, contact your bank immediately — they may be able to halt the transaction.

File a police report. The documentation may be of value if there is some means of recouping your loss; for example, some home insurance providers offer fraud loss protection.

File reports with the federal government. The Federal Trade Commission (FTC) and the Federal Bureau of Investigation's Internet Crime Complaint Center use fraud reports to target their investigations; the more information they have, the better they can identify patterns, link cases and ultimately catch the criminals. Contact the FTC at reportfraud.ftc.gov and the FBI at [IC3.gov](https://ic3.gov).

Sudoku

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

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

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

Dessert Recipes

Ingredients

- 15.25 oz Cake Mix 1 box any flavor you want
- 8 oz Cool Whip
- 1 LG Egg
- 1 c Powdered Sugar more if needed

Directions

- Preheat oven to 350F.
- Prepare baking sheet with either non-stick spray or Parchment paper.
- Mix cake mix, Cool Whip and egg together in a mixing bowl until blended.
- Drop teaspoons full of cookie dough into the powdered sugar to coat.
- Place on prepared cooking sheet 2" apart.
- Bake on center rack for 12-15 minutes.
- Allow to cool on baking sheet.

TIPS FOR THESE COOKIES—Cake mix choice: I like to use devil's food cake mix for Halloween, red velvet for Valentine's Day, lemon mix for summer events, carrot cake for Easter, pumpkin spice for Thanksgiving, and gingerbread for Christmas! What flavor will you use for each holiday? Food Coloring: Adding food coloring to white boxed cake mix is the easiest way to add a festive flare to these simple cookies. Sprinkles: Sprinkles are also an easy add to the mix to add some holiday cheer. Be aware though, that sprinkles also add texture. Depending on your preference and type of sprinkle you use, it may enhance or detract from the cookie's flavor. I would suggest sticking with Jimmies for this recipe. Colored sugars: Mixing colored sugar in with the powdered sugar to coat these cookies adds a punch of color without adding too much texture difference to these cookies.



3 Ingredient Energy Bites (Vegan)

Ingredients

- 1 1/2 cups peanuts (I used unsalted, but salted would be good as well)
- 1 cup chocolate chips (I used Enjoy Life)
- 1/2 cup unsweetened shredded coconut
- 2-3 T water

Directions

- In a food processor, combine all the ingredients except for the water.
- Blend for a minute or two.
- Slowly, 1 tablespoon at a time, add the water and pulse until the dough starts to get sticky.
- The dough will look a little loose, but I promise it firms up nicely in the fridge.
- These bites should last a couple weeks in the fridge. You can also freeze them.



Recipes

Fast Baked Fish

Ingredients

- 1-1/4 pounds fish fillets (use a flaky white fish, such as tilapia, halibut, cod, bass, grouper, haddock, catfish or snapper).
- 1 teaspoon seasoned salt
- Pepper to taste
- Paprika, optional
- 3 tablespoons butter, melted

Directions

- Preheat oven to 400°. Place fish in a greased 11x7-in. baking dish. Sprinkle with seasoned salt, pepper and, if desired, paprika. Drizzle with butter.
- Cover and bake until fish just begins to flake easily with a fork, 15-20 minutes.



Artichoke Chicken Pesto Pizza

Ingredients

- 1 prebaked 12-inch pizza crust
- 1/2 cup prepared pesto
- 2 cups cubed cooked chicken breast
- 2 jars (6-1/2 ounces each) marinated artichoke hearts, drained
- 2 cups shredded part-skim mozzarella cheese
- Optional: Grated Parmesan cheese and minced fresh basil

Directions

- Preheat oven to 425°. Place crust on an ungreased 12-in. pizza pan. Spread with pesto. Arrange chicken and artichokes over top; sprinkle with cheese. Bake until golden brown, 10-12 minutes. If desired, top with Parmesan cheese and minced fresh basil.



Slow-Cooker Guinness Beef Stew

Ingredients

- 1-1/2 pounds potatoes (about 3 medium), peeled and cut into 1-inch cubes
- 3 medium carrots, thinly sliced
- 2 medium onions, chopped
- 2 medium parsnips, peeled and thinly sliced
- 2 celery ribs, cut into 1-inch pieces
- 1 boneless beef chuck roast (3 pounds), cut into 2-inch pieces
- 1/2 cup all-purpose flour
- 1-3/4 teaspoons salt
- 3/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 can (6 ounces) tomato paste
- 2 garlic cloves, minced
- 1 bottle (12 ounces) Guinness stout or beef broth
- 1 can (14-1/2 ounces) beef broth
- 2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- Minced fresh parsley

Directions

- Place the first 5 ingredients in a 5- or 6-qt. slow cooker.
- Toss beef with flour, salt and pepper. In a large skillet, heat oil over medium-high heat. Brown beef in batches. Transfer beef to slow cooker with a slotted spoon. Reduce heat to medium. To same skillet, add tomato paste and garlic. Cook and stir 1 minute.
- Add beer to skillet, stirring to loosen browned bits from pan. Transfer to slow cooker. Stir in broth and thyme.
- Cook, covered, on low until beef and vegetables are tender, 7-8 hours. Garnish with parsley.



Happy New Year

Find and circle all of the words that are hidden in the grid. The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE

DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION

PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW