

# 2024

# Hebron Senior Center Newsletter

# February

## RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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Linda Zaccaro	x 200	Receptionist	

GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM seniorcenter@hebronct.com

### SENIOR CENTER CLOSED on Monday, February 19th for Presidents Day

#### Movie Monday—Mon. Feb. 5th & a Special Valentines Day Movie, Wed. Feb. 14th

Come early for lunch if you'd like (for Monday, sign up by Friday at 9:30am and Wednesday the 14th by Tuesday 9:30am) lunch served at Noon (\$3—see menu on page 10) movie starts at 12:30pm. To sign-up for the movie OR lunch and the movie call 860-228-1700. **Monday, February 5th Lucy & Desi**—This film will explore the rise of comedian icon Lucille Ball, her relationship with Desi Arnaz, and how their groundbreaking sitcom I Love Lucy forever changed Hollywood, cementing her legacy long after her death in 1989. **Wednesday, February 14th—Still Mine**—A farmer in rural New Brunswick fights back when local authorities hamper his efforts to build a cottage for his dementia-stricken wife. The ultimate love story. Planning ahead **Monday, March 4th Oppenheimer** (this movie is 3hrs long) and **Monday, March 18th—The Holdovers**

#### Linda's Craft Corner

Join Linda on **Wednesday, February 7th at Noon** (notice special time) - this is the make-up date from January 24th, 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, February 5th at Noon.

#### Bus Trip – Lunch at Windham Tech's Uncommon Kitchen

**Tuesday, February 13th** we will be having lunch at Windham Tech's Uncommon Kitchen featuring the food prepared by the culinary students. Each lunch will include warm rolls and butter, creamy chicken and dumpling soup and your choice of entrée; Chicken Mar-sala with mashed potatoes and sauteed vegetables or Shepards Pie, or Chicken Ceaser Salad. Your choice of dessert; Cranberry Apple Tart OR Pumpkin Cheesecake. The cost is \$15 which includes transportation. Deadline to register is Tuesday, February 6th, no refunds after this date. Bus will leave at 10:15am and return by 1:00pm.

#### Speaker — Lindsey Kent—Registered Dietician

**Monday, February 26th at 1:00pm**, Join Lindsey Kent, Registered Dietitian at ShopRite for a heart healthy demo! Lindsey will be sharing tips for making your meals heart healthy while she whips up a simple and delicious recipe for you to try. Please pre-register by Friday, February 23rd at Noon, by calling 860-228-1700.

#### 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.

### \*\*\*\*\*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, February 7, 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, February 13th & 27th** — 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—February 2nd Stop & Shop, February 9th Big Y, February 16th Aldi's & Walmart, February 23rd Stop & Shop. To sign-up 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.

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

## **Programs and Activities**

### **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.

### **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. **Fridays 10:15am-12:15pm.** 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.

### **Card Making Class—Tuesday Afternoon**

**Tuesdays 1:00PM—2:15PM.** The week of February 13th—class will be held on Thursday the 15th instead of the 13th. 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. February dates are the 12th & 26th. 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 17 years. To register call 860-228-1700.

### **Yoga**

The next session will be **February 12th—March 13th (Mon. & Wed.) 9 classes for a cost of \$27.** No class February 19th—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.

### **Chatham Health Monthly Presentation**

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Wednesday of the month. **Wednesday, February 21st at 2:00pm.** Please contact us for the February topic. 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.

## **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—Lunch at Windham Tech's Uncommon Kitchen**

**Tuesday, March 26th**—The menu options will be listed in the March newsletter. Cost is \$15. Meal prepared by the Windham Tech Culinary students. Each meal will include fresh warm rolls, butter, soup, and a pre-selected entrée, and pre-selected dessert. Bus will leave at 10:15am and return by 1:00pm. Registration deadline is March 19th, no refunds after this date.

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### **Watercolor Art Class Taught by Audrey Carroll**

Let the water do your painting! Experience how easy watercolor painting can be with the wet on wet technique. **Session 1 March 15 and March 22** - a 2 week class where we will paint flowers, butterflies, birds and bees. **Session 2, April 5 and April 12** is a 2 week class where we will paint landscapes and beach scenes. Both classes are from 10:30 to 12:30. Cost is \$25 per session or \$40 for both. Supply list will be available and some supplies are provided. To sign-up call 860-228-1700.

### **AARP Driver Course—at the Senior Center**

**Monday, March 25th** 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 Friday, March 22nd 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.

### **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  
March 16 & 17—Maple Fest Activities  
April 20—Polish Dinner (No Freeze Group)  
May 11—Plant Sale (HIHS)

## **What's Happening In Our Community**

### **Hebron's 32nd Annual Maple Festival. March**

**16/17, 10AM - 4PM** We will be celebrating and honoring the art of maple sugaring. If you are a non-profit, Hebron business, or organization, who would like to participate, please reach out to [ttcpebronsown@gmail.com](mailto:ttcpebronsown@gmail.com)- we would love to have you join us! Please note—the Windham Chamber is also hosting a maple fest using the same name—please do not get confused.

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)**

## **TAX RELIEF PROGRAMS**

### **TOWN OF HEBRON**

The Hebron Assessor's office manages tax relief programs for Homeowners and veterans.

Program information is listed below.

**Assessor's Office hours: M-W 8am-4pm Thurs 8am-6pm F 8-1**

**Phone 860-228-5971 email: [assessor@hebronct.com](mailto:assessor@hebronct.com)**

#### **Elderly/Disabled Homeowner's Tax Relief**

Application period: February 1, 2024- May 15, 2024

The State of Connecticut offers Tax Relief to Homeowners who meet the following qualifications:

Has reached the age of 65 By December 31, 2023 or are Federal Social Security Disabled

Owns property as of October 1<sup>st</sup> OR is beneficiary of property held in trust for them at time of application

Resides at the property for which they are applying for tax relief

Meets income qualifications as prescribed by the State of Connecticut

Proof of income must be presented at the time of application. A federal tax return, if filed, must be presented accompanied by all proofs of income. Non-taxable income is also required to be submitted. If no tax return is filed, income information (taxable and non-taxable) must be presented. Social Security disabled applicants must provide proof of disability (BPQY/TPQY) dated within three years of application. **2024 INCOME maximum income**

**UNMARRIED \$49,600**

**MARRIED \$54,300**

#### **VETERANS INCOME-QUALIFYING ADDITIONAL EXEMPTIONS**

Veterans who meet income qualifications may be eligible to receive additional exemptions. There is no age requirement to apply for additional exemptions. The application period is February 1-September 30<sup>th</sup> for the next following grand list year. (example: applicants who apply and qualify in 2024 will receive additional exemptions for the 2024 grand list, billing July 1, 2025). A federal tax return, if filed, must be presented along with supporting documents at time of application. If no tax return is filed, documents showing all income must be presented at the time of application.

#### **2024 maximum Income Limits**

**UNMARRIED**

**\$49,600**

**MARRIED \$54,300**

## **Eastern CT Veterans Community Center**

**47 Crescent Street**

**Willimantic, CT, 06226**

**860-423-6389**

[easternCTveteranscenter@gmail.com](mailto: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 to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.

## **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



## **Confidential Short-term Mental Health Counseling for individuals 18 and up in the Hebron area.**

Individual Counseling Sessions with MSW Intern Michele Boutin.

Please call Michele to schedule an initial session. There is no cost for this service.

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.



### **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

**February 28th at 1:30 pm**

FOR MORE INFORMATION CALL MICHELE BOUTIN AT


860-228-1700 EXT. 204

Registration IS requested, but not required

# Hebron Senior Center Happenings.....February 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
<b>January 29</b> 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	<b>Jan. 30</b> 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 Card Making 1:00–3:15 Hand & Foot	<b>Jan. 31</b> 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	<b>February 1</b> 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	<b>February 2</b> 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—Noon Exer. Rm <b>10:00—Shopping—S &amp; S</b> 10:15–12:15– Fun with Stiches Quilting Group <b>AND</b> Created to Create Art Space
<b>5</b> 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 <b>12:30—Movie—Lucy &amp; Desi</b>	<b>6</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta <b>Taxes—9:00-2:00</b>	<b>7</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA <b>11:30 Lunch (special time)</b> <b>Noon—Linda's Crafternoon</b>	<b>8</b> 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	<b>9</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—Big Y</b> 10:15–12:15– Fun with Stiches Quilting Group <b>AND</b> Created to Create Art Space
<b>12</b> 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 <b>11:25-11:55—Meditation</b> 11:50–12:30—Lunch	<b>13</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework <b>10:15—1 Bus Trip</b> 11:00 Food Truck—must pre-register 11:50–12:30—Lunch 1:00–3:15 Hand & Foot Canasta <b>Card Making on Thursday</b> <b>Taxes—9:00-2:00</b>	<b>14</b> 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 <b>12:30—Movie— Still Mine</b>	<b>15</b> 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch <b>1:00–2:15 Card Making</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>16</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—Walmart &amp; Aldis</b> 10:15–12:15– Fun with Stiches <b>AND</b> Created to Create Art Space <b>Reminder—we are closed Monday, Feb 19</b>
<b>19</b> <b>CLOSED FOR PRESIDENTS DAY</b> 	<b>20</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/Crocheting/Needlework 11:50–12:30—Lunch 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta <b>Taxes—9:00-2:00</b>	<b>21</b> 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 <b>2:00 Chatham Health Pres</b> <b>2:30—RHAM Bingo</b>	<b>22</b> 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	<b>23</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—Stop &amp; Shop</b> 10:15–12:15– Fun with Stiches Quilting Group <b>AND</b> Created to Create Art Space
<b>26</b> 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 <b>11:25-11:55 —Meditation</b> 11:50–12:30—Lunch <b>1:00—Speaker—Nutrition and cooking demonstration</b>	<b>27</b> 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 Card Making 1:00–3:15 Hand & Foot Canasta <b>Taxes—9:00-2:00</b>	<b>28</b> 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	<b>29 LEAP YEAR</b> 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	<b>March 1</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—Big Y</b> 10:15–12:15– Fun with Stiches Quilting Group <b>AND</b> Created to Create Art Space

**HEBRON** COMMUNITY RENEWAL TEAM **FEBRUARY** 2024 CONGREGATE MENU Menu is subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
			Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of any food allergies prior to meal consumption !		Reach for dark chocolate with at least 70 % cocoa . Pair fresh Vitamin C-rich berries w/ a one-ounce piece of dark chocolate. A bonus- vitamin C fights stress-calm at last !	1	100 % Fruit Punch Juice Orange Marmalade Pork Rosemary Potatoes Mixed Vegetables Wheat Bread Cookie
5	Smothered Pork Chop w/ Gravy Mashed Potatoes Peas & Carrots Wheat Bread Fresh Fruit	6	Orange Juice Italian Sausage w/ Peppers on Hoagie Roll Capri Blend Vegetables Potato Wedges / Ketchup / Cookie	7	Crab Cake w/ Old Bay Remoulade Sauce Tater Tots / Ketchup California Blend Vegetables Saltine Crackers Fresh Fruit	8	Orange Chicken w/ Broccoli Fried Rice Asian-Style Vegetables Cornbread Loaf Fresh Fruit
12	Orange Juice Swedish Meatballs w/ Gravy Garlic Smashed Potatoes Vegetable Medley Dinner Roll Wholegrain Fruit Bar	13	MILD Beef & Bean Chili Baked Potato /Sour Cr Green Beans 100 % Whole Wh Bread Fresh Fruit	14	<u>Happy Valentine's Day !</u> 100 % Fruit Punch Juice Bkd Ziti w/ Ricotta Cheese & Marinara Sauce Winter Mix Vegetables Garlic Knot Ice Cream Cup	15	Minestrone Soup / Grilled Chicken Breast w/ Lettuce / Grape Toms Ham / Swiss Cheese / Hard Boiled Egg / Carrots / Ranch Dressing / Bread Stick /Fresh Fruit
19	Senior Center Closed In Observance of President's Day	20	Grape Juice All-Beef Hot Dog Ketch/ Must / Relish Hot Dog Bun / Baked Beans / Coleslaw Fruited Yogurt Cup	21	Stuffed Pepper w/ Sauce Rice Prince Edward Vegetables 100 % Whole Wh Bread Fresh Fruit	22	<u>Great American Pie Month</u> Orange Juice Chicken Scampi Mashed Potatoes / Green Beans / Wheat Bread / Slice of Pie
26	100 % Fruit Punch Juice Stuffed Cabbage w/ Sauce Rice Veg Blend / Wheat Dinner Roll / Choc Pudding w/ Topping	27	Orange Juice Chicken Stew w/ Pots , Peas & Carrots Biscuit Wholegrain Fruit Bar	28	Kielbasa / Mustard Carmelized Onions Paprika Seasoned Diced Pots Wax Beans Dinner Roll Fresh Fruit	29	Roast Turkey w/ Gravy Cornbread Stuffing Mix Vegetables / Cranberry Sce Cornbread Loaf Fresh Fruit

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses  
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is 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.

## **From AARP**

### **TV Preview 2024: The 20 Best Shows Coming Your Way Be on the lookout for these gems of the new TV season, from beloved sitcoms to juicy miniseries**

(12 Listed—more to come in March newsletter)

#### **The Brothers Sun (Jan. 4, Netflix)**

Michelle Yeoh, 61 (Everything Everywhere All at Once), stars as the head of an Asian crime syndicate called the Jade Dragons that is attacked by a rival gang. She turns to her two sons for help — one a trained killer and the other a mild-mannered geek.

#### **James May: Our Man in India (Jan. 5, Prime Video)**

Top Gear veteran James May, 60, tackles India in a third six-episode season of his entertaining travel show. He embraces the highs and lows of the country, from the sights to the festivals to the cuisine to the “fantastically miserable” weather. He deploys his characteristic wit, as when describing the country’s “23rd official language: the horn.”

#### **Monsieur Spade (Jan. 14, AMC)**

Dashiell Hammett’s famous private investigator Sam Spade (Clive Owen, 59) is happily retired in the South of France in 1963 — until local nuns start getting murdered.

#### **True Detective: Night Country, Season 4 (Jan. 14, Max)**

It’s dark 24 hours a day during Alaskan winters — but when bodies start piling up, it gets darker yet. Don’t fret: An ace detective (Jodie Foster, 61) is on the case.

#### **Death and Other Details (Jan. 16, Hulu)**

Poirot, move over! Genius sleuth and clothes horse Rufus Cotesworth (Mandy Patinkin, 71) is on the trail of a murderer aboard a fancy, lavishly restored ocean liner in the Mediterranean.

#### **Griselda (Jan. 25, Netflix)**

Who knew Sofia Vergara, 51, had a mean streak? The Modern Family alum stars in this six-episode limited series as Griselda Blanco, the real-life leader of a Colombian drug cartel whose streak of ruthlessness earned her the nickname Black Widow.

#### **Masters of the Air (Jan. 26, Apple TV+)**

The new series about the Army Air Force’s 100th Bomb Group — the Bloody Hundredth — and their fight with the Nazis. Starring Elvis’ Austin Butler and The Banshees of Inisherin’s Barry Keoghan.

#### **Expats (Jan. 26, Prime Video)**

Nicole Kidman, 56, stars in this six-episode limited series, based on a novel by Janice Y.K. Lee, that seems on the surface like a Hong Kong-set version of Big Little Lies. Three American women of different ages and stages of life are drawn together by a tragic incident — and then must navigate the fallout within a tight-knit community that sometimes shows its strains.

#### **Abbott Elementary, Season 3 (Feb. 7, ABC)**

Hooray, the long-delayed third season of the heartwarming, funny bone-tickling show about teachers is here! We’re looking forward to Melissa (Lisa Ann Walter, 60) ordering her “most flammable kids” to go to the front of the line in a fire drill.

#### **Shōgun (Feb. 27, FX/Hulu)**

In a miniseries adaptation of James Clavell’s mammoth 1975 bestseller about 17th-century Japan, Hiroyuki Sanada, 63 (John Wick: Chapter 4), stars as Lord Toranaga, fighting for his life with an odd ally, marooned English pilot John Blackthorne (Cosmo Jarvis).

#### **Feud: Capote vs. The Swans (Jan. 31, FX, Feb. 1, Hulu)**

In a true tale, drunken literary legend Truman Capote (The White Lotus’ Tom Hollander, 56) cultivates Manhattan’s high society ladies (Naomi Watts, 55, Diane Lane, 58, Chloë Sevigny, 49, Calista Flockhart, 59), then betrays them by writing about their most mortifying personal secrets.

#### **Elsbeth (Feb. 29, CBS)**

In a spin-off series, Elsbeth Tascioni (Carrie Preston, 56), the quirky attorney on The Good Wife and The Good Fight, leaves Chicago to help NYPD Captain Wagner (The Wire’s Wendell Pierce, 60) solve crimes with her scatterbrained yet high-IQ imagination.

## 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

### Chocolate Éclair Cake

#### Ingredients

- 1 (16 ounce) package graham crackers
- 4 cups milk
- 2 (3.5 ounce) packages instant vanilla pudding mix
- 1 (16 ounce) package frozen whipped topping, thawed
- 1 (16 ounce) package prepared chocolate frosting

#### Directions

**Step 1** Line the bottom of a 9x13-inch baking dish with a single layer of graham crackers.

**Step 2** Combine milk and vanilla pudding in a large bowl; whisk briskly for 2 minutes. Fold in whipped topping until combined.

**Step 3** Spread 1/2 of the pudding mixture over graham crackers in the pan. Top with a single layer of graham crackers. Cover with remaining pudding mixture, then top with another layer of graham crackers.

**Step 4** Cook the uncovered container of prepared frosting in the microwave on half power for 1 minute. Pour over the top of cake; spread evenly to the edges. Refrigerate cake for at least 12 hours before serving.



### Cream Cheese Pound Cake

#### Ingredients

- 1 ½ cups butter
- 1 (8 ounce) package cream cheese
- 3 cups white sugar
- 6 large eggs
- 3 cups all-purpose flour
- 1 teaspoon vanilla extract
- Fresh fruit, chocolate sauce, strawberry puree (or whatever you choose as garnish or serve just plain)

#### Directions

- Preheat the oven to 325 degrees F (165 degrees C). Grease and flour a 10-inch tube pan.
- Cream butter and cream cheese together in a mixing bowl until smooth. Gradually add sugar and beat until fluffy.
- Add eggs, two at a time, beating well with each addition. Add flour all at once and mix in. Mix in vanilla. Pour batter into the prepared cake pan.
- Bake in the preheated oven for 1 hour and 20 minutes, checking for doneness at 1 hour. A toothpick inserted into the center of the cake should come out clean. Remove and cool before serving.



## Recipes (Great for the Superbowl or any party)

### Puff Pastry Pizza Bundles

#### Ingredients

- All-purpose flour, as needed
- 1 sheet store-bought puff pastry, thawed (we like Dufour)
- 24 to 30 pepperoni, sliced in half
- 1 cup mozzarella cheese
- Egg wash (1 large egg whisked with 1 tablespoon water), as needed
- Crushed red pepper flakes (optional)
- Pizza sauce (store-bought or homemade), for serving

#### Directions

1. Preheat the oven to 425°F. Line two baking sheets with parchment paper.
2. On a lightly floured surface, roll out the pastry to a square about 1/8-inch thick. Cut the sheet into 16 equal squares; transfer to the prepared baking sheets. Chill one baking sheet in the fridge while you work with the other squares.
3. Dock the squares all over with a fork. On each square, place 3 or 4 slices of pepperoni and about 1 tablespoon of mozzarella in the center. Fold one point of the puff pastry inward toward the center of the square, use a pastry brush to brush the exposed dough with egg wash, then fold the opposite point in, pressing down to seal the corners together. Repeat with all the puff pastry squares, then brush with egg wash.
4. Transfer to the oven and bake until puffed and golden, 13 to 15 minutes. Cool slightly before serving with warmed pizza sauce for dipping.



### Chef John's Hot Sloppy Joe Dip

#### Ingredients

- 2 pounds extra lean ground beef
- 2 green bell peppers, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 2 tablespoons brown sugar
- 2 teaspoons kosher salt, or to taste
- 1 teaspoon ground black pepper
- cayenne pepper, to taste
- 2 cups chicken broth
- 1 cup ketchup
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 cup shredded Cheddar cheese, divided

#### Directions

- Place ground beef, bell pepper, onion, garlic, flour, brown sugar, salt, pepper, and cayenne pepper in a heavy pot.
- Place pot over medium-high heat. Break up and stir mixture as it heats. Cook and stir until most of the moisture has evaporated and mixture is crumbly and begins to brown, about 15 minutes. Stir in chicken broth, ketchup, mustard, and Worcestershire sauce. Mix well and bring mixture to a simmer. Reduce heat to medium. Cook, stirring occasionally, until mixture is thick, about 45 minutes.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Transfer mixture to oven-proof sauce pan. Top with 1/2 of the shredded cheese. Poke cheese down into the dip with a fork, stirring lightly. Top with remaining cheese.
- Place pan under broiler; broil until cheese is browned, and mixture is hot and bubbly, about 5 minutes.



### Slim Southwest Deviled Eggs

#### Ingredients

- 6 hard-boiled large eggs
- 3 tablespoons mayonnaise
- 1 tablespoon salsa
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Optional: Jalapeno pepper slices and grilled corn off the cob

#### Directions

- Cut eggs in half lengthwise. Remove yolks; set aside egg whites and four yolks (discard remaining yolks or save for another use).
- In a large bowl, mash reserved yolks. Stir in mayonnaise, salsa, chili powder, cumin, salt and pepper. Stuff or pipe into egg whites. If desired, garnish with pepper slices. Chill until serving.



## Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

ADMIRER  
ADORE  
AFFECTION  
ATTRACTION  
BEAU  
BELOVED  
BOYFRIEND  
CANDLES  
CANDY  
CHOCOLATES

COUPLE  
CRUSH  
CUPID  
DARLING  
DATE  
DEAR  
DEVOTION  
FANCY  
FEBRUARY  
FLAME

FLOWERS  
FONDNESS  
FOREVER  
FRIENDSHIP  
GIFT  
GIRLFRIEND  
HEARTS  
JEWELRY  
LIKE  
LOVEBIRDS

LOVERS  
PARTNER  
PROPOSAL  
RELATIONSHIP  
RESTAURANT  
ROMANCE  
ROSES  
SENTIMENT  
SUITOR  
SWEETHEART