

2024

# Hebron

## Senior Center Newsletter

March

### RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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

### Movie Monday

Come early for lunch if you'd like (sign up by Friday at 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, March 4th Oppenheimer (this movie is 3hrs long) and Monday, March 18th—The Holdovers**

### Make Your Own Candle(s) with Mama Bear Candles

Join us on **Monday, March 11th at 12:30pm** to make your very own candle (2 actually) with Mama Bear's Candles. Cost is \$25 for 2, 8oz candles and your choice of scents, for each one, if you choose. Registration deadline is Monday, March 4th. To sign-up, please call the Senior Center at 860-228-1700.

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

**Tuesday, March 26th** 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, soup, your choice of entrée, and choice of dessert. Please call after March 1st for the menu choices. The cost is \$15 which includes transportation. Deadline to register is Tuesday, March 19th, no refunds after this date. Bus will leave at 10:15am and return by 1:00pm.

### 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.

### 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; Appointments through March 26. To make an appointment 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, Rebecca Tamsin, & Margaret Gibbs  
(2 open spots for alternates) Board of Selectmen Liaison: vacant

### **The next scheduled Commission on Aging Meeting is scheduled for Wednesday, March 6, 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, March 12th and March 26th** — Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags. Must sign-up by 10:00am 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—Friday, March 1 Big Y, March 8th Walmart & Aldi's, March 15th Stop & Shop, March 22 Walmart & Aldi's, and **THURSDAY, March 28th Pick-ups at 9:00am going to Big Y because we are closed the 29th.** 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 Cheryl LaCosse (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—Deadline April 1st**

**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**. 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. The dates March 11th and March 18th (please note back to back weeks).** 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 present session **runs through March 13th (Mon. & Wed.)** The next session will begin **March 18th-April 3rd 6 classes for a cost of \$18**. 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, March 20th at 2:00pm**. The topic will be on diabetes. 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, March 20th, 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

# 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, April 17th 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

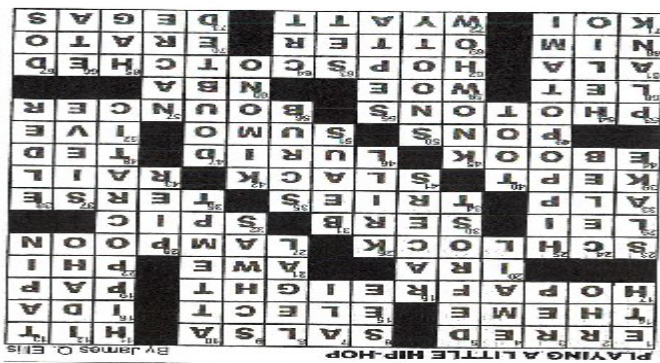
Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, April 17th, 2:30-4:00pm**. The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

## Watercolor Art Class Taught by Audrey Carroll

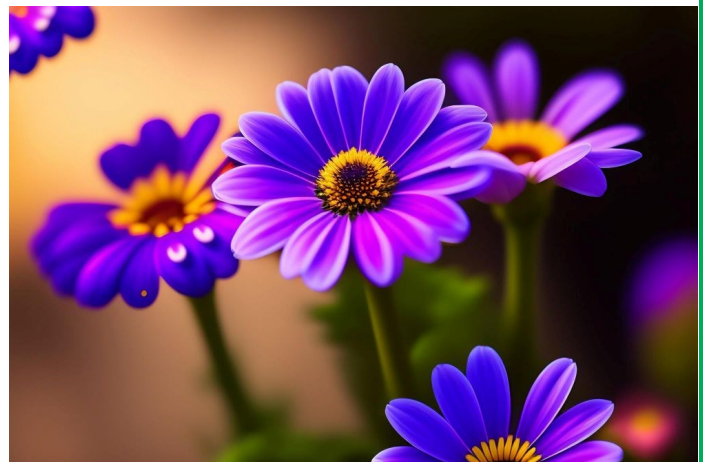
Let the water do your painting! Experience how easy watercolor painting can be with the wet on wet technique. **Session 2, April 5 and April 12** is a 2 week class where we will paint landscapes and beach scenes. Both classes are from 10:30 to 12:30. Cost is \$25 per session or \$40 for both. Supply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

## Change the clocks 1 hour AHEAD on Saturday, March 9th

## Answers to the crossword puzzle on page 11



## Happy Spring March 19th





The Town Center Project

# Hebron MAPLE FEST

2024 "Bringing It Home"

**MARCH 16-17**  
10AM - 4PM

SUGAR HOUSE TOURS \* TRACTOR PARADE  
HEBRON'S OWN EXPO \* CHAINSAW CARVING  
LIVE MUSIC \* AXE THROWING  
BIRDS OF PREY \* DONKEY SNUGGLES  
MAPLE TREATS & MORE!

**DOWNTOWN HEBRON, CT**  
PARKING/SHUTTLE @ RHAM HS

Colebrook Village at Hebron

mosquito

THE FLOUR GIRL BAKERY | CAFE

## Clothing/Textile Collection



The Hebron Historical Society  
Friday April 5th 3pm to 6pm  
Saturday April 6th 8am to 10am

Donations for 2024 will be accepted at Old Town Hall, 26 Main St. (adjacent to Douglas Library). Acceptable items are linens, clothing, shoes, boots, purses, towels or any textile item. Condition of items is not important, they must be delivered to OTH in a closed/tied trash bag. Please do not include toys, electronics, moldy items.

The clothing collection in past years has been well received/supported by Hebron and surrounding communities, there have been many requests to hold the event again. The Historical Society will use proceeds gained to help cover annual maintenance expenses and program costs.

To learn more about the Hebron Historical Society and videos of past projects visit [hebronthistoricalsociety.org](http://hebronthistoricalsociety.org). For info or to volunteer on collection days email [mergonci65@comcast.net](mailto:mergonci65@comcast.net)

SENIOR Bowling LEAGUE

**2024 SPRING SENIOR BOWLING LEAGUE**

\$12 per week

10 weeks

**March 20, 2024**  
1:00 pm - 4:00 pm

Kickback n' Bowl  
9 Bear Swamp Road  
E. Hampton, CT

"LET THE GOOD TIMES ROLL"

Subs needed

Contact: Jack Anderson  
email: [jackande52@aol.com](mailto:jackande52@aol.com) or 860-882-3752

## What's Happening In the Community

### Maple by Moonlight Gala Fundraiser at Colebrook Village

Join The Town Center Project in kicking off Maple Festival 24' Bringing it Home on Friday, March 15th for a fun and welcoming evening of delicious food, craft cocktails and mocktails, the melodious tones of Sounds of Frank and fabulous company. Attire is "fancy flannel or formal wear". Tickets \$75 per person and include a commemorative glass, two drink tickets, passed hors d'oeuvres, dancing to the Sounds of Frank and supporting The Town Center Project's community events. Tickets are expected to sell out! Purchase yours early! To find out about tickets Contact [ttcp@thetowncenterproject.org](mailto:ttcp@thetowncenterproject.org)

### 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)  
June 7 & 8—Tag Sale (Columbia Food Bank) Luncheon menu-chicken, tuna, & egg salad sandwiched, hot dogs, & chowders  
June 15—Hebron Day/Juneteenth

## 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

**MONDAY March 25th 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.....March 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>Feb. 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 demo</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 Created to Create Art Space</b>
<b>4</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—Oppenheimer (3 hours)</b>	<b>5</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>6</b> <b>8:30 Commission on Aging</b> 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>7</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>8</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—Walmart/Aldis</b> 10:15—12:15—Fun with Stiches Quilting Group <b>AND Created to Create Art Space</b> <b>CHANGE CLOCKS AHEAD</b>
<b>11</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>12:30-2:00 Candle Making</b>	<b>12</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>13</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>14</b> 9:00—3:00 Exer. Rm 9:00-3:30—Massage 10:10—10:50—Sunshine Singers <b>11:00-12:30—St. Patrick's Special Lunch with the Sunshine Singers at 11</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>15</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—S&amp;S</b> <b>10:30—12:30—Water Color Class—2wk sess.</b> Art & quilting open space 10:15-12:15 in library
<b>18</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 <b>11:25-11:55—Meditation</b> 11:50—12:30—Lunch <b>12:30—Movie—The Holdovers</b>	<b>19</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>20</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>21</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>22</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:00 Shopping—Walmart &amp; Aldis</b> <b>10:30—12:30—Water Color Class—2wk sess.</b> Art & quilting open space 10:15-12:15
<b>25</b> 9:00—3:00 Exer. Rm 9:00—3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00-1:00—AARP Driving Class</b> 10:15-11:15 YOGA 11:50—12:30—Lunch <b>1:30-Caregiver Support Group</b>	<b>26</b> 9:00—3:00 Exer. Rm 10:00—11:30—Knitting/Crocheting/Needlework <b>10:15—1 Bus Trip – Windham Tech</b> 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 (last day)</b>	<b>27</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>28</b> 9:00—3:00 Exer. Rm 9:00-3:30—Massage <b>9:00 Shopping—Big Y</b> 10:10—10:45—Sunshine Singers 11:50—12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>29 CLOSED</b> <b>GOOD FRIDAY</b> 

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of any food allergies prior to meal consumption !				Did you know that zinc is an essential trace mineral that may reduce stress in older adults ? Scientific research suggests that zinc may improve the body's balance of good and bad cholesterol- a positive effect.		Zinc plays a role in vision health, as well. Dietary sources of zinc include oysters ; beef patties ; canned baked beans ; pork roast ; breakfast cereal and low-fat fruit yogurt. Get zinc from a variety of foods !
4	100 % Fruit Punch Juice All-Beef Hot Dog Hot Dog Bun Must, Relish, Ketchup Baked Beans / Coleslaw Tapioca Pudding	5	Orange Juice Bkd Cheese & Beef Ziti Zucchini Squash Garlic Knot Frosted Cake	6	BBQ Beef Brisket Potato Salad Vegetable Medley Wheat Dinner Roll Fresh Fruit	7	Roast Turkey w/ Gravy Cranberry Sce / Cornbread Stuffing / Peas Dinner Roll Fresh Fruit
11	Stuffed Cabbage w/ Sauce Garlic Smashed Potatoes Chuckwagon Blend Veggies Wheat Bread Fresh Fruit	12	Grilled Chicken Caesar Wrap : Grilled Chicken Breast / Green Leaf Lettuce / Caesar Dressing / Garlic Pesto Wrap / Mustard / Mayo / Potato Salad / Fresh Fruit	13	Boneless Chicken w/ Gravy White Rice Mixed Vegetables Wheat Bread Yogurt Cup	14	<u>CRT Celebrates St. Patrick's Day</u> Grape Juice Corned Beef / Mustard Parslief Boiled Potatoes Cabbage & Carrots Rye Bread St. Patrick's Day Cookie
18	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fresh Fruit	19	<u>Nat'l Meatball Day</u> 100 % Fruit Punch Jce Mini-Beef Meatballs w/Sce / Pasta Brussel Sprouts Garlic Knot/Cookie	20	Honey Baked Ham/ Mustard Mashed Potatoes Broccoli Florets 100 % Whole Wh Bread Fresh Fruit	21	Oven Fried Chicken Sweet Potato Wedges Collard Greens 100 % Whole Wheat Bread Fresh Fruit
25	Boneless Chicken Marsala Parslief Pasta Italian Mix Veggies Wholegrain White Bread Fresh Fruit	26	Kielbasa / Mustard Caramelized Onions Paprika Diced Potatoes Capri Blend Vegetables 100 % Whole Wh Bread Fresh Fruit	27	Orange Juice Hearty Beef Stew with Potatoes and Root Vegetables Wheat Dinner Roll Vanilla Pudding	28	Chicken Rice Soup Salad Greens w/ Ham / Hard Cooked Egg / Red Onions / Cherry Toms / Cucs / Ranch Dressing / Bread Stick 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.

# ACROSS

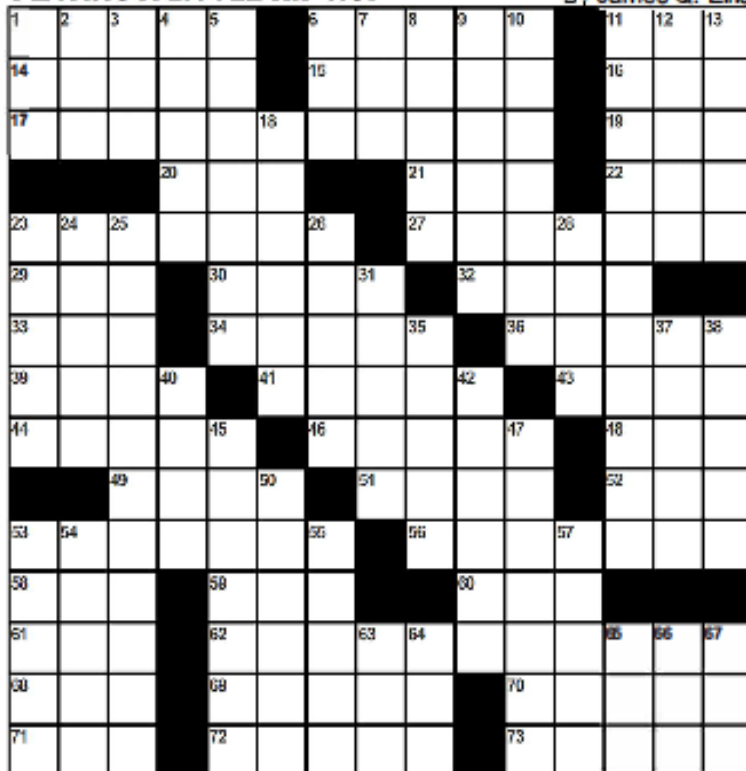
- 1) Flubbed one
- 6) Taco condiment
- 11) Stage success
- 14) This puzzle has one
- 15) Campaign poster plea
- 16) First lady McKinley
- 17) Emulate a stereotypical hobo
- 19) Infant fare
- 20) Roth acct.
- 21) Amaze
- 22) \_\_\_ Beta Kappa
- 23) Low-grade merchandise
- 27) Satirize
- 29) Luau garland
- 30) Balkan War participant
- 32) \_\_\_ & Span (household cleanser)
- 33) Matterhorn, e.g.
- 34) Takes shots?
- 36) Hardly windy
- 39) Retained
- 41) Hardly taut
- 43) Stair-climbing aid
- 44) Digital novel
- 46) Shocking
- 48) Danson of "Becker"
- 49) Soprano Lily
- 51) Japanese wrestling
- 52) "\_\_\_ got my eyes on you"
- 53) Electromagnetic energy units
- 56) One handling nightclub security
- 58) Permit
- 59) "\_\_\_ is me!"
- 60) Lakers' org.
- 61) Word before "mode"
- 62) Played a child's game
- 68) Takeaway game
- 69) Weasel kin
- 70) Sister of Clio
- 71) Popular show fish
- 72) OK Corral first name
- 73) French Impressionist

# DOWN

- 1) Suffix of most ordinal numbers
- 2) Letter after pi
- 3) Actor's agt.
- 4) Letter through a filter
- 5) Thaw
- 6) "We're off to \_\_\_ the wizard"
- 7) "Rumble in the Jungle" fighter
- 8) Juridical
- 9) Unstressed vowel sounds
- 10) Tackle
- 11) Doctor's oath
- 12) "Famous Potatoes" state
- 13) Follow-up shot, in basketball
- 18) Superfast drivers
- 23) Allay
- 24) Short star?
- 25) Tough-skinned mammals
- 26) Food for whales
- 28) It's on the waterfront
- 31) Boyfriends
- 35) Clean with elbow grease
- 37) Spaghetti drainer
- 38) Church official
- 40) Tugboat sound
- 42) Teahouse cinch
- 45) Ability
- 47) Had qualms
- 50) Putting on airs
- 53) Dangerous board on a pirate ship
- 54) Prefix meaning "sun"
- 55) Nasal dividers
- 57) Mother-of-pearl
- 63) Collector's pride
- 64) Old TV screen
- 65) Broomstick rider
- 66) LAX info
- 67) Advisable tactics

## PLAYING A LITTLE HIP-HOP

By James Q. Ellis





## Sudoku

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

## 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

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

## Dessert Recipes

### Pistachio Cake with Frosting

#### Ingredients

- 1 (18.25 ounce) package white cake mix
- $\frac{3}{4}$  cup vegetable oil
- 1 cup lemon-lime flavored carbonated beverage
- 3 eggs
- 2 (3 ounce) packages instant pistachio pudding mix
- 2 (1.3 ounce) envelopes whipped topping mix
- 1  $\frac{1}{2}$  cups milk

#### Directions

- Beat cake mix, oil, soda, eggs, and first package of pudding until smooth. Pour batter into a greased 9x13-inch pan.
- Bake at 325 degrees F (165 degrees C) for 45 minutes, or cake tests done.
- Beat Dream Whip, milk, and pudding until stiff; pour over cooled cake. Refrigerate.



### MINT S'MORES BROWNIES RECIPE

#### Ingredients

- 1 - 9x13 brownie mix
- $\frac{1}{4}$  cup water
- $\frac{2}{3}$  cup oil
- 2 large eggs
- $\frac{1}{2}$  cup Andes Mint Baking Chips
- 3 cups miniature marshmallows
- 2 cups chopped Thin Mint cookies
- $\frac{3}{4}$  cup mint M&M candies

#### Directions

- Preheat oven to 350 degrees. Spray a 9x13 pan with nonstick baking spray.
- Combine the marshmallows and cookie chunks in a bowl and set aside.
- Beat the brownie mix, water, oil, and eggs until mixed. Stir in the Andes chips.
- Bake for 20 minutes. Remove from the oven.
- Top with the marshmallow cookie mixture. Place back in the oven for 4 minutes longer. Turn the oven to broil. Broil for 30 seconds to 1 minute, watching very carefully. Remove as soon as the marshmallows start to turn golden.
- Press the M&M's into the warm marshmallows. Let cool completely.
- Use a wet knife to cut the brownies into squares. Store in a sealed container on the counter.



## Recipes

### Irish Nachos

#### Ingredients

- 3 lb. Yukon gold potatoes
- 4 tbsp. olive oil
- 1 tsp. ground black pepper
- 1 tsp. garlic powder
- nonstick cooking spray
- 2 tsp. kosher salt
- 2 c. shredded cheddar-jack cheese
- 8 slices cooked bacon, crumbled
- sliced green onions, sour cream, and salsa, for serving

#### Recipe for Quick pickled onions (optional)

- 1 small red onion, halved and thinly sliced
- 1/2 c. white vinegar
- 1/2 c. water
- 1 tsp. sugar
- 1/2 tsp. kosher salt

#### Directions

- Preheat the oven to 425°.
- Wash the potatoes and pat dry thoroughly. Slice the potatoes into 1/4-inch-thick rounds. Stir together the potatoes, olive oil, pepper, and garlic powder in a large bowl until well combined.
- Spray two rimmed baking sheets with nonstick cooking spray. Divide the potatoes equally between the pans and arrange them in an even layer. Bake for 20 minutes then remove the pans from the oven. Flip the potatoes, rotate the pans, and return to the oven. Bake until the potatoes are golden brown, about 10 to 15 minutes more.
- Remove the potatoes from the oven and sprinkle evenly with the salt. Let cool 5 minutes. Combine the potatoes on one pan and sprinkle with the bacon and shredded cheese. Return the pan to the oven and bake until the cheese is melted, about 5 minutes more. Sprinkle with the quick-pickled onions and green onions; top with salsa and sour cream.
- To make the quick-pickled onions (optional): Combine the onion, vinegar, 1/2 cup water, sugar, and salt in a small microwave-safe bowl or measuring cup. Microwave on high for 3 minutes. Let cool 15 minutes.



### St. Patrick's Day Nachos

#### Ingredients

- 1 jar green salsa (Salsa Verde) or make your own
- 1 22-oz. frozen waffle fries
- 1½ cups shredded Monterey Jack cheese
- 2 cups chopped corned beef
- ¼ cup pickled jalapeno peppers
- sour cream
- sliced green onions

#### Directions

- Bake waffle fries according to package directions. (Note: I often bake these for 4-5 minutes longer than instructions so they are extra crispy.)
- Using a large plate, layer baked fries with shredded cheese, salsa verde and corned beef. Top with pickled jalapeno peppers, sour cream and sliced green onions.

#### For fresh Salsa Verde

- 16 oz. tomatillos
- ¼ cup diced white onions
- 1 tsp minced garlic
- ½ cup chopped fresh cilantro
- 2 tsp fresh lime juice
- 1 jalapeno pepper stemmed, seeded and chopped
- 1 tsp kosher salt

#### Directions for Salsa Verde

- Remove the papery skin from the tomatillos. Slice each in half and place cut side down on a foil-lined sheet pan.
- Broil for 5-7 minutes, or until skins of tomatillos have begun to blacken.
- Transfer tomatillos into a food processor or blender. Add onions, garlic, cilantro, lime juice, jalapeno and salt; pulse until smooth.



### Cabbage and Smoked Sausage Pasta

#### Ingredients

- 1 (16 ounce) package farfalle (bow tie) pasta
- ¼ cup olive oil
- ½ cup butter
- 1 large head green cabbage, shredded
- 2 cloves garlic, minced
- salt and pepper to taste
- ¼ cup grated Parmesan cheese
- 1 pound smoked sausage, sliced

#### Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.
- Melt the butter in a large pot over medium heat. Add the garlic, olive oil, and cabbage; season with salt and pepper; cook until tender, about 15 minutes. Stir in the sausage and bow tie pasta; cook until completely heated, about 5 minutes more. Top with Parmesan cheese and serve immediately.



## St. Patrick's Day

Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message.

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

BEER  
BELFAST  
BISHOP  
CABBAGE  
CELEBRATION  
CELTIC CROSS  
CHRISTIAN  
CLOVER  
CORK  
CORNED BEEF

DANCING  
DUBLIN  
EVENTS  
FEAST DAY  
FESTIVAL  
GREEN  
GUINNESS  
HERITAGE  
HISTORY  
HOLIDAY

HOLY DAY  
IRELAND  
IRISH  
LEPRECHAUN  
LIMERICK  
MARCH  
MISSIONARY  
MUSIC  
PARADE  
PATRON SAINT

POTATOES  
SEVENTEENTH  
SHAMROCK  
SNAKES  
SODA BREAD  
TRADITION  
YEARLY