

2024

Hebron Senior Center Newsletter

May

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	New Dedicated Transportation phone # 860-228-5977
Linda Zaccaro	x 200	Receptionist	
GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

We are happy to announce we now have a dedicated transportation phone number. When you call this number it will go directly to transportation. If a live person is not available to answer at that moment, please leave a message as you always have. The new TRANSPORTATION PHONE LINE IS 860-228-5977. We ask EVERYONE who has anything related to transportation, to now call THIS number 860-228-5977. Thank you

Movie Monday

The movies start at 12:30pm. If you'd like to come for lunch, please sign-up by Friday at 9:30am, to sign-up call 860-228-1700.

Monday, May 6th Maestro On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives. Starring Oscar nominee Bradley Cooper. **Monday, May 20th My Sailor, My Love** Howard is a widowed sailor living alone on the coast of Ireland. His daughter, Grace, hires Annie, a lovely older woman to help around the house. Initially resistant to this support, Howard is soon charmed by Annie's gentle care, and the two fall in love. This new romance illuminates the hurt within Howard's relationship with Grace, tearing at Howard and Annie's seaside love story. Popcorn provided.

Fitness Evaluation/Fitness Planning for the Exercise Room

Is your workout getting boring? Are you not getting what you want from your workout? You want to start a fitness program, but have no idea what to do, etc. We can provide some help. **On Tuesdays, from 10:00am-11:00am**, through May 14th, Certified Athletic Trainer, Samantha Freeman, will be here to evaluate your current fitness workout, give tips, help create a plan if you're just getting started, etc. To set-up an appointment, please call 860-228-1700.

Info Session on Navigating Streaming Services & Cutting the Cable Cord

Wednesday, May 8th at 10:30am, we'll have an info session on how to navigate streaming services and how to cut the cable cord, if you choose. To register, please call 860-228-1700.

Tips and Tricks Around Downsizing—2 separate dates and times

Monday, May 13th at 10:30am OR Tuesday, May 21st at 5:30pm. Amston Home Transition Solutions will outline the benefits of decluttering and things to think about when downsizing a living space. They have been serving seniors and local communities since 2016. This presentation is great for seniors looking to downsize or for family members or friends who will be assisting in the process. The Monday morning presentation will have morning type refreshments and the evening presentation will have evening type refreshments. Registration is required, deadline for Monday's presentation Friday the 10th at 10:00am and for Tuesday's presentation is Monday the 20th at 10:00am, please call 860-228-1700

Mother's Day/Memorial Day Lunch

Please join us on **Thursday, May 16th at 11:00am** for the Sunshine Singers followed by lunch at Noon. Lunch will be baked chicken, potato salad/cole slaw, cake, party punch, coffee, tea, or milk. Cost is \$3. The registration deadline is Tuesday, May 14th by Noon. Doors open at 10:45. If you'd like, stay for Bingo at 1:00pm.

AARP Driving Class

Tuesday, May 28th from 9:00am—1:00pm. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Friday, May 24th by 10:00am (we are closed Monday the 27th). 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.

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, May 1, 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, May 7th & 21st — Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags. Must sign-up by 10:00am Monday the day before, 860-228-1700.

Food Bank Transportation

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 go back to spring/summer time and begin in the general time of 9:00am based on where pick-ups will be—**Friday, May 3rd Walmart, May 10th Big Y, May 17th Stop & Shop, May 24th Walmart, and May 31st Big Y. To sign-up please call 860-228-1700.

Community Café

The Elderly Nutrition Program offers onsite meals in our Community Café beginning April 8th due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs 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 9:30AM THE DAY BEFORE. 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

New Dedicated Transportation phone # 860-228-5977. Through the Russell Mercier Senior Center, transportation is available for seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs. Hebron/Amston Residents.

Dial-a-Ride operates on a first-come–first-served basis with a minimum of 24hr notice (48hrs for new riders). Making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments/transportation Senior Center's congregate nutritional lunch program
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)

Thank you for the Donations Thank you for the various donations to the senior center that range from goods to monetary; **Stella Stenusca, Karen Patterson, and Donna Ciarfella** (if we missed your name please let us know and we will get it in the next newsletter)
Donation Items we need; napkins, dishwasher detergent, paper towels, decaf coffee

Programs and Activities

Bus Trip—Breakfast—Cracker Barrel

Thursday, May 23rd— We're switching it up a bit and headed up to the Cracker Barrel for breakfast and shopping. Leaving at 8:45am and returning approximately 1:00pm, just in time for bingo. Transportation cost is \$5. To sign-up, 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

Twice per month on specific Monday's after Yoga (2x/month) starting at 11:25. The may dates are the 6th and 20th. 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 Roczniak who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

Yoga

Mondays & Wednesdays 10:15am—11:15am. There will be a two-week break and yoga will resume on Wednesday, May 15th. The new session will run Wednesday, May 15th through Wednesday, June 5th (6 sessions for \$18). (no class Monday, May 27th). Drop-in fee is \$5 per class. Our 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, please understand there is pre & post massage prep time needed for all appointments. That's why a 50minute appointment is blocked out for an hour. **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. **Bev will be away May 23rd– May 30th, appointments resume Monday, June 3rd.**

WANTED: PEOPLE WHO ENJOY SINGING 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.

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.

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.

Chatham Health Monthly Presentation

Chatham Health is presenting a free health related topic each month. It is a 30 minute presentation on the 3rd Wednesday of the month. **Wednesday, May 15th at 2:00pm**. To register, call 860-228-1700.

Last one for the school year—RHAM Bingo—3rd Wednesday of the month

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

Adopt a Plot – Beautify the Senior Center

Got a green thumb? Would you like to help beautify the Senior Center? We have 4 x 4 plots (general size) available to adopt. Create a beautiful spot with flowers and maintain throughout the season. Please contact Linda at the Senior Center for more questions or to adopt your plot, 860-228-1700.

PLANNING AHEAD—SAVE THE DATES

Speaker and Special Lunch—Protecting Yourself from Scams

Thursday, June 13 at 11:00am Statewide Legal Services of Connecticut presents Protecting Our Seniors from Scams, followed by **lunch at Noon**, which will be pizza from a local pizza restaurant and an ice cream bar for dessert. You can come to both or one or the other, but pre-registration is required, 860-228-1700. The speaker is free, lunch/dessert will be \$3.

Free Lunch & Learn

Tuesday, June 18th at Noon. Join us for a free lunch and learn sponsored by Marlborough Health and Rehab. The topic will be "Who are my people and where are they hiding? Why is socialization so important in healthy aging and how you can develop friendships, create joy and find the spark to make life more fun." The lunch is a great deli sandwich (tuna or turkey), chips, cookie, and water. Must pre-register by Friday, June 14th at Noon, 860-228-1700.

Bus Trip—Lunch at Marker 37 & Shopping at Goodspeed Station Country Store

Thursday, June 20th bus leaves at 10:30am and will return approximately 3:30pm. Lunch will be at Marker 37 in Chester, CT. Enjoy Modern American Cuisine from their beautiful newly built riverside restaurant inside Chester Point Marina. A great way to spend the first day of summer. After lunch we'll head up "old Rte. 9" and stop at Goodspeed's Country Store in Haddam, CT for a little shopping, which is also along the Connecticut River and next to the historic East Haddam swing bridge. Transportation is \$5 and lunch is on your own. Space is limited, to sign-up call 860-228-1700.

What's Happening In the Community

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

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

June 22—Lasagna Dinner (Flying Free)

July 20—Chicken BBQ (Marlborough Food Bank)

August 17—Pulled Pork (Andover Food Bank)

September 21—Turkey Dinner (Hebron Historical Society)

October 4th & 5th—Harvest Festival (Camp Washington)

Free CPR Classes

The Hebron Fire Department (44 Main St.) is offering free AHA Heartsaver CPR classes for those who live or work in Hebron. Adult, child and infant CPR, and choking emergencies, will be covered. The classes will be offered once a month, from 6-9 p.m. on Wednesdays, May 15 and June 19. Call Donna at 860-228-3022 ext. 162 to reserve a seat.

Absentee Ballots for Budget Vote

Absentee ballots for the Hebron budget referendum are available at the town clerk's office, located at 15 Gilead St. Office hours are Monday through Wednesday, 8 a.m.-4 p.m.; Thursday, 8 a.m.-6 p.m.; and Friday, 8 a.m.-1 p.m. For information, call 860-228-5971.

The Hebron budget referendum will be held at the Hebron Elementary School, 92 Church St., Hebron, between the hours of 6 a.m. and 8 p.m. on Tuesday, May 7.

Alumni Benefit Event

There will be an Alumni Benefit Event for RHAM Scholarships and Project Graduation **Saturday, May 11, at 6 p.m.**, at Blackledge Country Club in Hebron – featuring music by the Rockin' HeartBeats. This event is hosted by RHAM Alumni with the proceeds to provide scholarships to RHAM seniors and to benefit RHAM Project Graduation. Tickets are \$25 per person. Blackledge Country Club will serve flatbreads, pastas and snacks, and a cash bar also will also be available. There will be a raffle of many great items. A limited number of tickets will be sold, all in advance, and none will be available at the door.

Tickets can be purchased by cash or check only. Checks should be made out to RHAM Alumni Benefit. Raffle prizes are always welcome. Further information and tickets are available from committee members Bob at 860-558-5823 or 860-228-3388, Lynn at 860-416-1575, or John at 860-295-8484.

Evening of the Arts

The music and fine art departments at RHAM High School will hold their annual Evening of the Arts event Thursday, May 30, from 4:45-8:30 p.m., at the high school. The visual and performing arts will be celebrated with a juried art show, performing ensembles, soloists, live printmaking, and photo booth, including a catered dinner from Gina Marie's. Dinner tickets at \$25 per person are being sold only in advance using the order form on the school website; dinner reservations are due by Thursday, May 9. General admission tickets to view the art show and watch performances only will be sold at the door for \$5. There is no charge for general admission for young children, students and seniors. The Evening of the Arts will begin at 4:45 p.m. with guests being invited to peruse artwork, as well as purchase T-shirts designed and made by students. Guests can try out the photo booth or live printmaking in the atrium to make their own commemorative prints. At 5:45 p.m., guests who have ordered dinner tickets in advance will enjoy a buffet-style catered dinner from Gina Marie's. Guests will be treated to cabaret-style solo and ensemble performances on our small stage during dinner. Visual art show juried awards, donated by Blick Art Materials and Jerry's Artarama, will be presented during the cabaret performances at 7 p.m. At 7:30 p.m., all guests will be invited to the auditorium for the large ensemble performances. Dessert and coffee will be available for the entire evening at the concession stand. For more information, see the flyer and order form on the school website, or contact Nicholas Kokus at nicholas.kokus@rhamschools.org, or Beverley Fisher at beverley.fisher@rhamschools.org.

Post Office to Hike Prices in July—Stock up now on Forever stamps

The [U.S. Postal Service](#) will raise the price of a first-class Forever stamp by 5 cents, from 68 cents to 73 cents, on July 14, 2024. A first-class stamp covers the cost to mail a 1-ounce letter; the cost of an additional ounce will rise from 24 cents to 28 cents. How much do Forever stamps cost? Forever stamps will still cost 68 cents apiece until the price hike in July 2024, so stock up now.

What's Happening In the Community

Juneteenth Celebration

The Coalition on Diversity & Equity (CoDE) is sponsoring its **third annual Juneteenth Celebration on Saturday, June 15, from 10:30 a.m. to 2:30 p.m.**, in collaboration with Hebron Parks & Recreation Department's Hebron Day. A variety of performances, as well as educational, interactive and fun activities will be offered for children, youth and adults. They will be held in and around the historic Peters House, at 150 East St. During the event, attendees will learn about the lives of local formerly enslaved residents -- including Cesar Peters and his family of Hebron. Descendants of Cesar Peters will perform a short play about his life. Other performers will include EvaE Peart and Nia Arts, a West African drumming and dancing troupe (audience invited to participate); Lisa Clayton Singers; Hartford Poet Laureate Frederick-Douglass Knowles II; and storyteller Raouf Mama. Sisters by Sisters: Joined by the Cloth, a quilting guild celebrating culture, color, design, and tradition through an African American perspective, will display quilts and share the history of quilts and quilt-making among the Black community an all-volunteer nonprofit organization, serving the towns of Hebron, Marlborough, Andover and Columbia and surrounding communities. Its mission is to build more diverse, equitable and vibrant communities. For more information, visit www.code-diversity.org. More info in June newsletter & see the Rivereast.

The Renters' Rebate Program

State law provided a property tax credit program for Connecticut homeowners who are age 65+ or totally disabled and whose incomes do not exceed certain limits. Likewise state law provides a reimbursement program for Connecticut 65+ and totally disabled renters. The filing period for this program is April 1 through October 1. Applications will be taken by appointment by calling the Senior Center at 860-228-1700

Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, other home heating expenses, and water; excluding telephone, cable or pay TV, or garbage removal) made in the calendar year prior to the year of applications - for example, when applying in 2024, we would be looking at income and expenses for calendar year 2023.

To apply in 2024, applicants must have been age 65+ by the end of 2023. For couples, only one individual must be 65+. If an individual who was 65+ and previously qualified for the Renters' Rebate Program passes away, a surviving spouse who is age 50+ is eligible to apply

The maximum income limit for the Renters' Rebate Program is \$53,400 for couples and \$43,800 for single persons. "Income" is defined as taxable and non-taxable income from, but is not limited to --

- Net Social Security (Box 5 from the 2021 SSA 1099)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- IRA distributions
- Lottery winnings, payment for Jury Duty (excluding travel allowance)
- Net income from sale or rental property (however, do not include depreciation from 1040 Schedule E)
- Alimony
- Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)
- Net proceeds from Legal Settlements, Cancellation of Debt
- If a Federal Income Tax Return was filed for 2023, a copy must be provided

Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with the corresponding Schedule E or Schedule C, whichever is applicable, showing the rental income received from the Renters' Rebate applicant.

To make an appointment, please call the senior center at 860-228-1700 and ask for Michele extension 204



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

WEDNESDAY May 22nd at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT

860-228-1700 EXT. 204

Registration Required

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

Elderly/Disabled Homeowner's Tax Relief

Application period: until 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 1st 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 30th 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

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.

Hebron Senior Center Happenings.....May 2024

To register for programs/lunch—please call 860-228-1700 to sign-up

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
<p>29 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 NO YOGA - returns with a new session on May 15th 11:50–12:30—Lunch 12:30—Movie—Boys in the Boat</p>	<p>30 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</p>	<p>May 1 8:30—Comm. On Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 NO YOGA— returns with a new session on May 15th 11:50–12:30—Lunch</p>	<p>May 2 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</p>	<p>May 3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Walmart/Aldis 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>
<p>6 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 11:25-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—Maestro</p>	<p>7 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</p>	<p>8 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30-11:30—Cutting the Cord/Streaming Services 11:50–12:30—Lunch</p>	<p>9 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</p>	<p>10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping Big Y 10:15–12:15– Fun with Stiches AND Created to Create Art Space</p>
<p>13 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30—Downsizing Speaker 11:50–12:30—Lunch</p>	<p>14 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</p>	<p>15 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—NEW SESSION 11:50–12:30—Lunch 2:00 Chatham Health Pres 2:30 RHAM Bingo—Last one of the school year</p>	<p>16 9:00–3:00 Exer. Rm 9:00-3:30—Massage 11:00am Mother's Day/ Memorial Day Lunch— Sunshine singers at 11, lunch at noon 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— S & S 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>
<p>20 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-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—My Sailor, My Love</p>	<p>21 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 5:30-Downsizing Speaker</p>	<p>22 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 1:30-Caregiver Support Group</p>	<p>23 8:45-1:00 Bus Trip Cracker Barrel 9:00–3:00 Exer. Rm 10:10–10:45—Sunshine Singers 11:50–12:30— Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>24 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart & Aldi's 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>
<p>27 MEMORIAL DAY SENIOR CENTER CLOSED</p>	<p>28 9:00-1:00—AARP Driving Class 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</p>	<p>29 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</p>	<p>30 9:00–3:00 Exer. Rm 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>31 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping Big Y 10:15–12:15– Fun with Stiches AND Created to Create Art Space</p>

HEBRON - COMMUNITY RENEWAL TEAM MAY 2024 CONGREGATE MENU Menu subject to change 4/9/24

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.		Advise our staff of any food allergies prior to your meal consumption. Berries are rich in Vit C; fiber; potassium and prebiotics for gut health.	1	100 % Fruit Punch Juice Meatball Stroganoff Parslied Linguini Peas 100 % Whole Wheat Bread Pudding	2	Roast Beef w/ Gravy Parslied Boiled Potatoes Monaco Blend Veggies Dinner Roll Fresh Fruit
6	Kielbasa / Mustard w/ Caramelized Onions Baked Beans Prince Edward Veggies Wheat Bread Fresh Fruit	7	Hearty Beef Stew w/ Potatoes & Root Vegetables 100 % Whole Wheat Brd Yogurt Cup	8	BBQ Beef Brisket Sweet Pot Wedges / Ketchup 4-Way Vegetable Mix Wheat Bread Fresh Fruit	9	CRT Celebrates Mother's Day Grape Juice Chicken Cordon Bleu Twice Baked Potato Grilled Asparagus Garlic Knot Cheese Cake w/ Berry Topping
13	Grape Juice Salisbury Steak w/ Gravy Cornbread Stuffing Normandy Veg Blend Wheat Dinner Roll Wholegr Fruit Bar	14	American Chop Suey w/ Elbow Pasta Zucchini Squash Wheat Bread Fresh Fruit	15	100 % Fruit Punch Jce Baked Ham w/ Mustard Baked Beans Parslied Baby Carrots Dinner Roll Cookie	16	Mother's Day/Memorial Day Celebration Baked Chicken, potato salad/cole slaw, cake, & party punch Sunshine Singers at 11:00AM, Lunch at Noon
20	Sloppy Joes on Hamburger Bun Waffle Fries / Ketchup Capri Vegetable Blend Fresh Fruit	21	Celebrate Berries Day Orange Juice Smoked Turkey & Swiss/ Lett & Tom / Multigr Hero / Strawb / Bisc /Whip Topping	22	Seafarer's Seafood Salad Bkd Sweet Potato / Sour Cream Coleslaw Club Roll Fresh Fruit	23	Swedish meatballs Garlic pappardelle Brussel Sprouts 100% Whole wheat bread Fresh Fruit
27	Senior Center Closed for Memorial Day Holiday	28	100 % Fruit Punch Juice Beef Hot Dog / Hot Dog Bun Baked Beans Sauerkraut Must, Rel, Ketch Pudding	29	Boneless Chicken Marsala w/ Mushrooms Rice Green & Yellow Wax Beans Garlic Knot Fresh Fruit	30	Minestrone Soup Chicken Caesar Salad w/ Roma Blend / Grilled Chicken Breast Seasoned Croutons /Shaved Parmesan / Caesar Dressing / Saltines / Cookie

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

INFO FROM AARP

Pain Symptoms You Should Never Ignore Doctors share when something may be more serious. If you're hurting, see a doctor. That may seem obvious, but older adults in particular sometimes write off pain as a function of aging and may wait too long to get medical attention. And the results can be devastating. "Boomers, especially, are very stoic." "They're used to things hurting. So they put off chest pain for a day or two, and by the time they come to the hospital, they've completed a heart attack. Or they fall off a ladder, get up and say they're fine. Then it turns out they have an intracranial hemorrhage — a life-threatening situation."

1. **Pain with loss of function If you hurt your leg but can still walk on it**, it may be just a sprain. "But if you can't move it and you're having pain, that should be investigated immediately," Leap says. Loss of function can indicate a fracture, nerve injury, loss of blood flow or a serious infection.

2. **Eye pain that comes out of nowhere** Sudden or acute eye pain, with or without vision changes, can point to a serious problem that should get looked at right away, says Michael Hanak, M.D., a family medicine specialist and associate professor at Rush University Medical College in Chicago. It could be caused by a blocked blood vessel, a detached retina, internal bleeding or acute glaucoma, a serious eye condition caused by increased pressure inside the eye. Eye pain can also be the first symptom of shingles, a viral infection that causes a painful rash, Hanak says.

3. **Chest pain** An older adult experiencing any type of chest pain should be evaluated by a doctor right away, says Hanak, who notes that a heart attack doesn't always manifest as sudden, crushing pain: "A lot of times, it's pressure, heaviness or tightness with breathing." Other signs of a heart attack are dizziness, fatigue or shortness of breath while doing ordinary activities like going up the stairs or gardening. Chest pain may also be a signal that a blood clot has moved to your lungs or heart — a life-threatening condition that needs immediate treatment.

4. **Pain in one or both arms, your jaw or between the shoulder blades** These lesser-known symptoms of a heart attack are more likely to affect women, according to the American Heart Association. Nausea or vomiting, shortness of breath, dizziness and lightheadedness are other heart attack symptoms to look for. Severe pain between the shoulder blades can also be caused by an aneurysm or a tear in your aorta, a major blood vessel.

5. **The worst headache of your life** An occasional headache is usually nothing to worry about. More concerning is one that feels more severe than usual, Leap says. A headache is worrisome as well if it's accompanied by neck stiffness, weakness or vision change, or if you recently hit your head. And know that if you're on blood thinners, simply bumping your head on a door frame can cause dangerous bleeding in your skull.

6. **Severe abdominal pain** Pain in your abdomen that keeps getting worse — or is associated with vomiting, swelling or a fever — can be a marker of acute appendicitis, a serious infection, or diverticulitis. "You know your body," Leap says. "If you've had this pain on and off for years, that's one thing. But if it's new and it doesn't let up or it keeps getting worse, I want to see you."

7. **Calf or thigh pain, especially if in just one leg Increasing pain in your calf or thigh after a period of inactivity**, even if it's not severe, can be a sign of deep vein thrombosis (DVT). This dangerous type of blood clot is especially common in patients recovering from knee or hip surgery, Hanak says. Patients sometimes describe the pain as feeling like a muscle cramp, and it's often accompanied by leg swelling or redness. DVTs need to be treated right away because the clots can travel through your bloodstream and block the blood supply to your lungs, a life-threatening condition called pulmonary embolism.

8. **Severe back pain that lasts more than 72 hours** Back pain is common — affecting about 8 out of 10 people at some point in their lives — and it typically improves on its own with rest, ice and pain relievers. However, intense back pain that lasts more than three days can be a sign of a more serious problem, especially if the pain worsens when you bend or twist, says Douglas D. Dickson, M.D., an assistant professor of orthopedic and spine surgery at the University of Texas Southwestern Medical Center in Dallas. You may have a torn muscle or ligament, a compression fracture or a cancer that has metastasized to the spine, Dickson says.

9. **Back pain with pelvic numbness and/or incontinence.** Pay attention if your back pain is accompanied by numbness in the groin or glutes area, problems using the restroom or incontinence. Those are symptoms of a rare but dangerous condition called cauda equina syndrome caused by nerve compression, Dickson explains. "When that happens, the nerve is extremely compressed," he says. "If you don't get help right away, your function may not recover."

10. **Pain from a minor wound** Say you're working in the yard and something sticks you in the hand. Or maybe you get bitten by a dog, or you cut yourself doing a home repair. If the pain from a wound (especially one that is red and swollen) keeps getting worse over a few days, that can be a sign of a serious infection that can turn deadly if not treated. "Organic material causes infections that spread wildly," Leap explains. "I've seen a splinter that got up under a fingernail and the patient said, 'It's fine. I'll deal with it later.' A few days later, they've got red streaks up their arm and a raging infection."

11. **Pain after a procedure or injection** Spinal injections, biopsies or other therapies that involve injections can occasionally cause infection or bleeding. If you experience persistent pain or loss of function after one of those, call your provider right away.

12. **Pain with fever** If you have a high temperature as well as pain, your body may be fighting a dangerous infection. It's especially important to seek treatment quickly if:

The pain is in your mouth, throat or neck. Swelling from an infection in those areas can compromise your airway, Leap says.

The pain is in your lower or upper back. You could have a kidney infection or a spinal infection that could cause paralysis if left untreated.

The pain is associated with an area of tender, inflamed skin. You may have a deep skin infection called cellulitis that could spread and cause tissue damage. Or you may have a fluid-filled abscess that is infected and needs to be drained.

Sudoku

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

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

Dessert Recipes

3 Ingredient Banana Bread

Ingredients

- 1 box Yellow Cake Mix
- 3 eggs
- 1 1/2 cups mashed very ripe bananas (3 to 4 medium)
- Optional—1 cup semisweet chocolate chips (6 oz)/or nuts/or both/or neither.

Directions

- Heat oven to 350°F. Grease and flour bottoms only of 2 (8x4-inch) loaf pans. Can also use muffin tins.
- In large bowl, stir together cake mix, eggs and bananas until well blended. Stir in chocolate chips or nuts (optional). Divide batter evenly between pans.
- Bake 43 to 48 minutes (15-18 if using muffin tins) or until toothpick inserted in center of loaves comes out clean. Cool 10 minutes in pans. Run metal spatula around edge of loaves to loosen; remove from pans to cooling rack. Cool completely, about 1 hour 30 minutes before slicing. Wrap tightly, and store at room temperature.



Oklahoma Coconut Poke Cake

Ingredients

- 1 package white cake mix (regular size)
- 1 can (15 ounces) cream of coconut
- 1 can (14 ounces) sweetened condensed milk
- 1 carton (16 ounces) frozen whipped topping, thawed (6-1/2 cups)
- 1 cup sweetened shredded coconut

Directions

- Preheat oven to 350°. Prepare and bake cake mix according to package directions, using a 13x9-in. baking pan.
- Meanwhile, in a small bowl, mix cream of coconut and milk. Remove cake from oven; place on a wire rack. Using a wooden skewer, pierce top of cake to within 1 inch of edge; twist skewer gently to make slightly larger holes. Spoon milk mixture evenly over cake, being careful to fill each hole. Cool completely.
- Spread whipped topping over cake; sprinkle with coconut. Refrigerate until serving.



Coconut Poke Cake Tips—Can you use coconut milk instead of cream of coconut? You can substitute full-fat coconut milk for the cream of coconut in this cake recipe. However, be prepared for a change in texture and taste due to the fact that coconut milk has less fat than cream of coconut. Can you use other kinds of cake mixes to make coconut poke cake?

Instead of using a white cake mix, try using chocolate, vanilla, strawberry, or another flavor pairing you'd like alongside coconut.

How do you store coconut poke cake? To store your cake, put it in the fridge with plastic wrap over the top of the 13x9-in. baking pan. If you've frosted and sliced it, you can also press additional plastic wrap against the exposed sides to prevent the cake from drying out. Coconut poke cake should last in the fridge for 3 to 4 days.

Recipes

Vegan Lemon Pasta With Pine Nuts and Broccoli

Ingredients

- 1/2 pound pasta
- 1 cup small broccoli florets, lightly steamed
- 3 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons pine nuts
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Directions

- Prepare pasta according to package instructions. Drain well.
- Steam or microwave broccoli just until tender. Set aside.
- Sauté garlic in olive oil for just a minute or two. Remove from heat, then whisk in lemon juice and lemon zest.
- In a large bowl, combine pasta, broccoli, olive oil, lemon and garlic and pine nuts, gently tossing to combine. Season generously with salt and pepper, to taste.



Tangy Slow Cooker Beef – by Big Y Chef Mary

Ingredients

- 1 (3 to 4-pound) Chuck roast, note: other good options are top or bottom round.
- 2 teaspoons kosher salt
- 2 teaspoons Food Club ground pepper
- 2 tablespoons Food Club vegetable oil
- 1 (14.5-ounce) can Food Club diced tomatoes, undrained
- 1 (12-ounce) jar pickled peppers (pepperoncini), do not drain
- 1/4 cup Food Club brown sugar, packed

Directions

1. Wash hands with soap and running water.
2. Rub roast with salt and pepper. Wash hands after handling raw meat.
3. In a large skillet, heat oil until it shimmers. Carefully place roast in pan and turn with tongs to brown meat on all sides, being careful when turning to avoid oil splatters. Note: This will take about 5 minutes per side.
4. Remove roast from pan and place in slow cooker. Add tomatoes, peppers with the brine and brown sugar to slow cooker. Cover with lid and cook on low.
5. Cook for 6 to 8 hours, until meat is very tender, can be shredded with a fork and has reached an internal temperature of at least 145 degrees Fahrenheit as verified with an instant-read food thermometer. Note: The roast will reach a much higher temperature than 145 degrees in order to break apart easily into chunks.
6. Pull roast apart into chunks and serve with cooking juices and peppers, if desired.

Big Y's recipes reflect the guidance of the Partnership for Food Safety Education.



Grilled Vegetables

Ingredients

- 1 yellow squash
- 1 zucchini
- 8 ounces cremini mushrooms, stemmed
- 1 small red onion
- 1 red bell pepper
- 1 green bell pepper
- 1 ear fresh corn, cut into 1-inch rounds
- Extra virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper
- tzatziki, pesto, or Greek dressing for drizzling/serving

Directions

- Heat a grill to medium-high and spray with nonstick cooking spray. Cut the vegetables into similar sized chunks and thread onto 4 metal skewers. Drizzle with olive oil and season with salt and pepper. Grill the skewers for 8 minutes per side or until the vegetables are tender and lightly charred. Remove from the grill, season to taste, and serve with desired sauce or dressing.



Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson quote.

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F S W H E E L B A R R O W W H G E G R
U P E G S P E T U N I A S S N F N R T
C A G O R T L S O I L O C I N O W A U
H D H R R E L R O W S A T O M A E K L
S E R O O A E S S E B N I E M A E E I
I S W C U W F N S D A T R N E P L B P
A E C N U O E O H L L U O G N O O S S
L L N A I L R G P O T O N M V E U S F
P A B R L N T M N L U A G E A N I L T
I I E E O I I I U I R S G I S T O B S
N N E T C A L C V D G E E H R W O S E
W N T A C R I I Y A T G I E E A E E I
H E S W O T Z H E A T N I R D O M V S
E R G A R D E N B S E E S D H S S O I
E E O O B D R L O E C I N A G R O L A
L P H S S D E E W G N I X A L E R G D
L E V O H S A E P S M U I N A R E G H
O P P I T C H F O R K E C A R R O T S
  
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ANNUALS
BEANS
BEETS
BIENNIAL
BROCCOLI
CARROTS
COMPOST
CULTIVATE
DAISIES
DIGGING
FERTILIZER
FLOWERS
FUCHSIA

GARDEN
GERANIUMS
GLOVES
GNOME
GREENHOUSE
GROW
HOES
HORTICULTURE
HOSE
HYDRANGEA
LILACS
LILIES
MARIGOLDS

ORGANIC
PEAS
PERENNIAL
PETUNIAS
PINWHEEL
PITCH FORK
PLANTING
RAIN
RAKE
RELAXING
ROSES
ROWS

SEEDS
SHOVEL
SOIL
SPADE
SUNSHINE
TOMATOES
TROWEL
TULIPS
VEGETABLES
WATER
WEEDS
WHEELBARROW