

2024

Hebron Senior Center Newsletter

June

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 Rocznik	x 202	Program Director	arocznik@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

New 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 Day (Wednesday & Monday this month)

The movies start at 12:30pm. If you'd like to come for lunch, please sign-up by Friday at 9:30am for Monday or Tuesday at 9:30am for Wednesday, to sign-up call 860-228-1700. **Wednesday, June 5th, The Graduate**, Hollywood darlings Dustin Hoffman, Anne Bancroft and Katharine Ross create one outrageous love triangle in this groundbreaking American film classic. **Monday, June 10th The Blue Angels**, follow the newest class of the storied Navy and Marine Corps flight squadron through intense training and into a season of heart-stopping aerial artistry, and the veterans on the team who, this year, will take their final flights. Popcorn provided. Plan ahead for Monday, July 1st, Forrest Gump.

Free Lunch & Learn

Tuesday, June 18th at Noon. Join us for a free lunch and learn. Statewide Legal Services of Connecticut (a non-profit organization) presents "Protecting Our Seniors from Scams". This is a presentation by staff attorneys who will provide essential information and tools to help seniors avoid becoming victims of consumer scams.

- Presentation Highlights include:
- Particular scams aimed at elderly individuals and the reasons scammers target seniors.
- The importance of reporting suspicious calls, emails and other potential attempts to steal your money.
- The importance of protecting personal and financial information.
- How to identify suspicious calls and emails.
- Tips on what to do if you become a victim of a scam.

Lunch is a choice of a deli sandwich (turkey or ham), 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.

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.

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, September 4, 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, June 4th and 18th — 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, June 7th Stop and Shop, June 14th Walmart/Aldis, June 21st Big Y, June 28th Stop & Shop, **WEDNESDAY, July 3rd Walmart/Aldis.** 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 9

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** (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

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.

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 June dates are the 3rd and 10th. 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. The next new session will run Monday, June 10th through June 26th (6 sessions for \$18). Drop-in fee is \$5 per class. 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.

"What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade." Gertrude Jekyll

"Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January." Hal Borland

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.

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 \$17—Dinner proceeds donated to various groups

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, June 19. Call Donna at 860-228-3022 ext. 162 to reserve a seat.

Juneteenth Celebration

The Coalition on Diversity & Equity (CoDE) is sponsoring its **third annual Juneteenth Celebration on Saturday, June 15, from 10:30 a.m.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 Town Center Project (TTCP) has announced the following items of interest. For more information, visit thetowncenterproject.org, look for the organization on Facebook at facebook.com/towncenterprojectinc, or email ttcp@thetowncenterproject.org. Calling All Musicians – Make Music Day Hebron: Make Music Day is an international event dedicated to the celebration of music. This year's festivities will be held **Friday, June 21**. All levels of musicians are welcome, and all genres. TTCP is looking to line Main Street, bringing back the "Mile of Music." Sign up online to participate in the event.

Hebron Farmers & Artesian Market

9:00am—Noon

Join us as we kick off our 2024 Farmers Market Season!

We are delighted to host a wide variety of Farms and Crafters! There will be food and beverages from Soulfully Delicious, The Kettle Corn Co., and Simply Mixx, as well as live music from School of Rock!

Come shop local and support your community!

Hebron Elementary School

9:00am—Noon

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

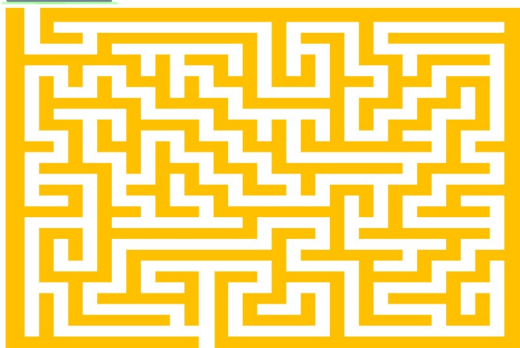
Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with 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

Father's Day



MAZE



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June has 30 days and is the sixth month of the year. Here are some holidays and observances that take place in June 2024:

June 1: National Black Bear Day, National Game Show Day, National Hazelnut Cake Day

June 2: National Cancer Survivors Day, National First Ladies Day

June 3: Insect Repellent Awareness Day, National Chocolate Macaroon Day

June 4: International Corgi Day, National Cheese Day

June 5: World Environment Day

June 9: Strawberry Rhubarb Shortbread Bars Day

June 10: National Egg Roll Day, Herbs and Spices Day

June 11: Corn on the Cob Day, Making Life Beautiful Day

June 12: National Jerky Day, National Loving Day

June 13: National Sewing Machine Day, National Weed Your Garden Day

June 14: Flag Day, International Bath Day

June 15: Nature Photography Day

June 16: Father's Day and National Fudge Day

June 19: Juneteenth (also known as Freedom Day or Emancipation Day)

June 26: World Drug Day, National Stitch Day

June 27: National Ice Cream Cake Day, National Bingo Day



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

Individual Counseling Sessions with Michele Boutin, LMSW.

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, LMSW

*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 June 19th at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT

860-228-1700 EXT. 204

Registration Required

HEBRON COMMUNITY RENEWAL TEAM JUNE 2024 CONGREGATE MENU Menu is subject to change 5/3/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
3	Chicken Enchilada Yellow Rice & Beans Mexican-Style Corn Corn Loaf Fresh Fruit	4	Sloppy Joe on Wheat Hamburger Bun Waffle Potatoes / Ketchup / Monaco Blend Vegs / Fresh Fruit	5	Cheesy Vegetable Lasagna a la Vodka Italian Mixed Vegetables Garlic Knot Fresh Fruit	6	Peach-Glazed Pork Chop Cornbread Stuffing Parslied Baby Carrots Dinner Roll Fresh Fruit
10	Italian-Style Mini- Beef Meatballs w/ Marinara Sauce Pasta / Parmesan Cheese Normandy Veg Blend Italian Bread Fresh Fruit	11	Grilled Chicken / Lettuce Ham / Swiss / Hard Boiled Egg / Grape Tomatoes / Carrots / Ranch Dressing / Saltines Fresh Fruit	12	CRT Celebrates Fathers Orange Juice Beef Bourguignon Oven-Roasted Potatoes Peas & Carrots Wheat Dinner Roll Frosted Cake	13	Seafarer's Seafood Salad Coleslaw / Sweet Potato Wedges / Ketchup Club Roll Ice Cream
17	Orange Juice Salisbury Steak w/ Gravy Rice Pilaf Chuckwagon Blend Vegs Wheat Bread Yogurt Cup	18	FREE Lunch & Learn – Choice of Turkey or Ham Deli Sandwich, chips, cookie, water. Must pre- register by Friday, June 14 th at Noon.	19	NO Lunch Served CRT Closed In Observance of Juneteenth Holiday Senior Center Open	20	Grape Juice Shepherd's Pie (Hamburger / Mashed Pots / and Corn) 100 % Whole Wheat Bread Pudding w/ Topping
24	Stuffed Cabbage w/ Tomato Sauce Seasoned Whole Baby Potatoes Capri Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	25	Grape Juice Cheese Tortellini Italian Salad w Salami, Peppers & Mixed Vegs Wheat Dinner Roll Wholegrain Fruit Bar	26	Oven-Fried Chicken Macaroni & Cheese 5-Way Vegetable Blend Dinner Roll Fresh Fruit	27	Doughnut Day Orange Juice Black Forest Ham w/ Cheddar / Lettuce & Tom / Horseradish Must / Whole Wheat Wrap / Potato Salad Doughnut

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.

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 Coffeeshouse 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.....June 2024

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
JUNE 3 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:25-Noon—Meditation 9:00-3:00—Massage 11:50–12:30—Lunch	JUNE 4 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	JUNE 5 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last one this session 11:50–12:30—Lunch 12:30—Movie— The Graduate	JUNE 6 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	JUNE 7 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 AND Created to Create Art Space
10 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—NEW Session 11:25-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—The Blue Angels	11 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	12 13 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	13 9:00–3:00 Exer. Rm 9:00-3:30—Massage 11:50-12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	14 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
17 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	18 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00 Food Truck—must pre-register 11:50–1:00—FREE Lunch & Learn-Avoiding Scams 1:00–2:15 Card Making 1:00–3:15 Hand & Foot	19 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 Caregivers Support Group—Registration Required	20 10:30-3:30 Bus Trip 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	21 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 Quilting Group AND Created to Create Art Space
24 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—NO Massage 10:15-11:15 YOGA 11:50–12:30—Lunch	25 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	26 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last one this session 11:50–12:30—Lunch	27 9:00–3:00 Exer. Rm 9:00-3:00—NO Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	28 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 AND Created to Create Art Space Please note—next week shopping Wed. July 3rd to Walmart/Aldis
July 1 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—NEW Session 11:25-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—Forrest Gump	July 2 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	July 3 9:00 Shopping— Walmart/ Aldis 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last one this session 11:50–12:30—Lunch	July 4 CLOSED for July 4th Holiday 	July 5 Only Program on this day 9:00-10:00—Enh. Fitness via ZOOM with Paul NO TRANSPORTATION Shopping trip is Wednesday July 3rd

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
3	Chicken Enchilada Yellow Rice & Beans Mexican-Style Corn Corn Loaf Fresh Fruit	4	Sloppy Joe on Wheat Hamburger Bun Waffle Potatoes / Ketchup / Monaco Blend Vegs / Fresh Fruit	5	Cheesy Vegetable Lasagna a la Vodka Italian Mixed Vegetables Garlic Knot Fresh Fruit	6	Peach-Glazed Pork Chop Cornbread Stuffing Parslied Baby Carrots Dinner Roll Fresh Fruit
10	Italian-Style Mini- Beef Meatballs w/ Marinara Sauce Pasta / Parmesan Cheese Normandy Veg Blend Italian Bread Fresh Fruit	11	Grilled Chicken / Lettuce Ham / Swiss / Hard Boiled Egg / Grape Tomatoes / Carrots / Ranch Dressing / Saltines Fresh Fruit	12	<u>CRT Celebrates Fathers</u> Orange Juice Beef Bourguignon Oven-Roasted Potatoes Peas & Carrots Wheat Dinner Roll Frosted Cake	13	Seafarer's Seafood Salad Coleslaw / Sweet Potato Wedges / Ketchup Club Roll Fresh Fruit
17	Orange Juice Salisbury Steak w/ Gravy Rice Pilaf Chuckwagon Blend Veggies Wheat Bread Yogurt Cup	18	Chicken w/ Gyro & Tzatziki Sauce Oven-Roasted Potatoes 4-Way Vegetable Blend Fresh Fruit	19	CRT Closed In Observance of Juneteenth Holiday	20	Grape Juice Shepherd's Pie (Hamburger / Mashed Pots / and Corn) 100 % Whole Wheat Bread Pudding w/ Topping
24	Stuffed Cabbage w/ Tomato Sauce Seasoned Whole Baby Potatoes Capri Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	25	Grape Juice Cheese Tortellini Italian Salad w Salami, Peppers & Mixed Veggies Wheat Dinner Roll Wholegrain Fruit Bar	26	Oven-Fried Chicken Macaroni & Cheese 5-Way Vegetable Blend Dinner Roll Fresh Fruit	27	<u>Doughnut Day</u> Orange Juice Black Forest Ham w/ Cheddar / Lettuce & Tom / Horseradish Must / Whole Wheat Wrap / Potato Salad Doughnut

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.

Sudoku

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

How to play

In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipes

Pina Colada Lush

Ingredients

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 1/2 cup packed brown sugar
- 1 package (8 ounces) cream cheese, softened
- 1 can (8 ounces) crushed pineapple, drained
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 2 cups whole milk
- 1 package (3.4 ounces) instant coconut cream pudding mix
- 1 carton (8 ounces) frozen whipped topping, thawed, divided
- 1/2 cup sweetened shredded coconut, toasted
- Maraschino cherries, optional

Directions

- Combine the graham cracker crumbs, butter and brown sugar in a large bowl. Press onto the bottom and up sides of a greased 13x9-in. baking dish.
- In a second bowl, beat together cream cheese, pineapple and confectioners' sugar. Stir in vanilla extract; spread into crust.
- In same bowl, whisk together milk and pudding mix until thickened, about 2 minutes. Fold in 1 cup whipped topping; spread pudding mixture over the cream cheese mixture. Top with remaining whipped topping.
- Sprinkle with toasted coconut. Refrigerate, covered, until set, about 3 hours. If desired, garnish with cherries.



Strawberry Pretzel Pie

Ingredients

- 4 cups miniature pretzels
- 6 tablespoons butter, melted
- 1/4 cup sugar
- 3/4 cup boiling water
- 1 package (6 ounces) strawberry gelatin
- 1/4 cup lemon juice
- 1 pound fresh strawberries, hulled, divided
- 2 cups heavy whipping cream, divided
- 1 jar (7 ounces) marshmallow creme
- 2/3 cup whipped cream cheese
- 2/3 cup sweetened condensed milk

Directions

Place pretzels in a food processor; pulse until chopped. Add butter and sugar; pulse until combined. Reserve 1/3 cup pretzel mixture for topping. Press remaining mixture onto bottom of a greased 9-in. springform pan. Refrigerate 30 minutes. Meanwhile, in a bowl, add boiling water to gelatin; stir 2 minutes or until completely dissolved. Stir in lemon juice. Refrigerate 30 minutes, stirring occasionally. Chop half the strawberries; slice remaining berries and reserve for topping. In a large bowl, beat 1 cup heavy cream until stiff peaks form. Beat marshmallow creme, cream cheese and sweetened condensed milk into cooled gelatin mixture until blended. Gently fold in chopped strawberries and whipped cream. Pour into crust. Refrigerate, covered, until firm, 4-6 hours. Beat remaining 1 cup heavy cream until stiff peaks form; spread over pie. Top with reserved strawberries and pretzel mixture.



Recipes

Veggie Nicoise Salad

Ingredients

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 2 teaspoons minced fresh oregano
- 2 teaspoons minced fresh thyme
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 small red onion, halved and thinly sliced
- 1 pound small red potatoes (about 9), halved
- 1 pound fresh asparagus, trimmed
- 1/2 pound fresh green beans, trimmed
- 12 cups torn romaine (about 2 small bunches)
- 6 hard-boiled large eggs, quartered
- 1 jar (6-1/2 ounces) marinated quartered artichoke hearts, drained
- 1/2 cup Nicoise or kalamata olives



Directions

- For vinaigrette, whisk together the first 8 ingredients. In another bowl, toss kidney beans and onion with 1 tablespoon vinaigrette. Set aside bean mixture and remaining vinaigrette.
- Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; simmer, covered, until tender, 10-15 minutes. Drain. While potatoes are warm, toss with 1 tablespoon vinaigrette.
- In a pot of boiling water, cook asparagus just until crisp-tender, 2-4 minutes. Remove with tongs and immediately drop into ice water. Drain and pat dry. In same pot of boiling water, cook green beans until crisp-tender, 3-4 minutes. Remove beans; place in ice water. Drain and pat dry.
- To serve, toss asparagus with 1 tablespoon vinaigrette; toss green beans with 2 teaspoons vinaigrette. Toss romaine with remaining vinaigrette; place on a platter. Arrange vegetables, kidney bean mixture, eggs, artichoke hearts and olives over the top.

Sheet-Pan Chipotle-Lime Shrimp Bake

Ingredients

- 1-1/2 pounds baby red potatoes, cut into 3/4-inch cubes
- 1 tablespoon extra virgin olive oil
- 3/4 teaspoon sea salt, divided
- 3 medium limes
- 1/4 cup unsalted butter, melted
- 1 teaspoon ground chipotle pepper
- 1/2 pound fresh asparagus, trimmed
- 1/2 pound Broccolini or broccoli, cut into small florets
- 1 pound uncooked shrimp (16-20 per pound), peeled and deveined

Directions

- Preheat oven to 400°. Place potatoes in a greased 15x10x1-in. baking pan; drizzle with olive oil. Sprinkle with 1/4 teaspoon sea salt; stir to combine. Bake for 30 minutes. Meanwhile, squeeze 1/3 cup juice from limes, reserving fruit. Combine the lime juice, melted butter, chipotle and remaining 1/2 teaspoon sea salt.
- Remove pan from the oven; stir potatoes. Arrange asparagus, Broccolini, shrimp and reserved limes on top of potatoes. Pour lime juice mixture over vegetables and shrimp.
- Bake until shrimp turn pink and vegetables are tender, about 10 minutes longer. Sprinkle with minced fresh cilantro.



Lemony Chickpeas

Ingredients

- 2 cups uncooked instant brown rice
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cans (15 ounces each) chickpeas, rinsed and drained
- 1 can (14 ounces) diced tomatoes, undrained
- 1 cup vegetable broth
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 1/2 teaspoon grated lemon zest
- 3 tablespoons lemon juice

Directions

- Cook rice according to package directions. Meanwhile, in a large skillet, heat oil over medium heat. Add onion; cook and stir 3-4 minutes or until tender.
- Stir in chickpeas, tomatoes, broth, pepper flakes and pepper; bring to a boil. Reduce heat; simmer, covered, 10 minutes to allow flavors to blend. Uncover; simmer 4-5 minutes or until liquid is slightly reduced, stirring occasionally. Stir in lemon zest and lemon juice. Serve with rice.



Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer

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

ANTS
 AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BEES
 BICYCLE
 BLUE SKY
 BOATING
 BREEZE
 CAMPING

FISHING
 FLIES
 FLOWERS
 GARDENING
 GOLF
 GREEN GRASS
 HAT
 HIKING
 HOLIDAYS
 HOT
 ICE CREAM

JULY
 JUNE
 MOSQUITOES
 NO SCHOOL
 PICNIC
 ROLLER BLADES
 SANDALS
 SKATEBOARD
 SOCCER
 SOLSTICE
 SPRINKLERS

SUNBURN
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SUNTAN
 SWEAT
 SWIMMING
 U V RAYS
 WASPS
 WATER FIGHTS
 WATERMELON