

2024

Hebron Senior Center Newsletter

July

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 <i>(until July 2nd, then she will be departing)</i>	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 closed on Thursday, July 4th

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, 860-228-5977. We ask EVERYONE who has anything related to transportation, to now call THIS number. 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 for Monday, to sign-up call 860-228-1700. **Monday, July 1st, Forrest Gump Monday**, Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny (Robin Wright). **July 15th On the Basis of Sex**. The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice. A bonus date of Monday, **July 29th King Richard**, A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard, played by Will Smith. Popcorn provided.

Games, Crafts, and Ice Cream Social—FREE EVENT—Pre-registration required

Please join us on **Tuesday, July 16th from 10:30am—Noon**, for fun, creativity, and food. We will be enjoying outdoor games (INDOORS), rock painting (to add to Russell the Snake or take with you), and having an ice cream bar. The games include: ax throwing, corn hole, over-sized connect four, and jazzminton (combo of pickleball, badminton, and tennis) and YES, it can be played indoors. We will also have rock painting available, paint a rock while waiting to play a game, and then enjoy an ice cream bar—yes before lunch. And if you'd like, you can also stay for lunch, \$3, Please sign-up by Friday the 12th at noon. The ice cream bar is being sponsored/provided by Marlborough Health & Rehabilitation. To register, please call 860-228-1700. Yes, you can just come for the ice cream if you'd like (serving approximately 11:45am, but you must pre-register).

Bus Trip—Lunch and Ice Cream - The Fat Tuna and Salem Valley Farms

Join us on **Thursday, July 25th** as we travel to the scenic area of Niantic and have lunch with views of Niantic Bay at The Fat Tuna and on the way home stop for ice cream at Salem Valley Farms in Salem. We will leave the senior Center at 11:00am, lunch at Noon, and we'll return approximately 3:30pm. Cost for the bus is \$5, lunch and ice cream is on your own. Limited seating available, please register by Tuesday, July 16th. Menus are available at the senior center, 860-228-1700. As always, please bring cash with small bills in order to pay for your lunch.

Chatham Health Monthly Educational Series

Please join us on the 3rd, Thursday of the month at 12:15pm for the very informative presentation by Chatham Health's Stephanie Reyes. The topic for **Thursday, June 27th will be asthma and allergies**. The topic for July on **Thursday, the 18th, will be an Immunizations Jeopardy game** and **August 15th will be Enhancing Immunity**. Come early for lunch at Noon and then stay for Bingo at 1:00pm. Deadline to sign-up for lunch is Wednesday by 9:30am. Please call, 860-228-1700.

September 13th—Coach Bus Trip—Ride The Naugy Scenic Train

Friday, September 13, bus trip to ride the Naugatuck Scenic Train leaving Historic Thomaston Station in Thomaston, CT, have lunch at Black Rock Tavern (menu choices on flyer), and visit Fascia's Chocolates. Depart Ted's IGA parking lot at 10:00am and return at 5:30pm. Cost is \$129. See all the details on the flyer on page 7. Registration deadline and paid in full by Monday, August 12th. (no refunds after this date unless you find a replacement). Please note the entrance to Fascias's Chocolates is not suitable to walkers and wheelchairs. Sign-up at the Senior Center, 860-228-1700.

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, July 2nd, 16th and 30th — Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags. Must sign-up by 10:00am Monday the day before, 860-228-1700.

Food Bank Transportation

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

Weekly Shopping Trips

Pre- registration is required by Thursday at 10am. Pick-ups will 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, Margaret Ludwig, and Phil Moscato (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 (ONLY)

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 July dates are the 1st, 15th, and 29th. The class is free. Mindful meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Rocznik who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

Yoga

Mondays & Wednesdays 10:15am—11:15am. The next new session will run Monday, July 1st through July 17th (6 sessions for \$18), and then a short session of July 22nd—July 31st (4 sessions \$12). 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.

- *“The summer looks out from her brazen tower, through the flashing bars of July.” Francis Thompson*
- *“I love how summer just wraps its arms around you like a warm blanket.” Kellie Elmore*
- *“July is hollyhocks and hammocks, fireworks and vacations, hot and steamy weather, cool and refreshing swims, beach picnics, and vegetables all out of the garden.” Jean Hersey*

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.

Mahjonnng Thursdays 12:45—3:15 The goal of mahjonnng 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 mahjonnng 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

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)

October 19th Harvest Moon (Lebanon Food Bank)

November 16th—Roast Pork Dinner (WAIM)

December 7th—St. Nicholas Fair** (Oak Hill/Hemlocks)

** Denotes luncheon menu items possibly to be chicken salad, tuna salad, and egg salad sandwiches, hot dogs, and chowder (menu subject to change—please refer to the Rivereast as the event nears)

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? so stock up now.

COUNTRY CARPENTERS TO HOST ANNUAL COLONIAL DAY ON SEPT. 21

14th annual Hebron Colonial Day, taking place on Saturday, September 21, from 10:00 AM to 4:00 PM at 326 Gilead Street, Hebron. This free, family-friendly event invites you to experience the charm and history of Hebron as it was in the 1750s.

Stroll back in time and observe historians dressed in period clothing, working on crafts, teaching school, working in the blacksmith shop or honing their craft in the woodworking shop. Approximately 30 historians help recreate what life in the mid-1700's was like in Hebron. "We created Hebron Colonial Day with the goal of showing visitors a glimpse of what life in Hebron was like over 200 years ago," said Fred Brehant Jr., the founder of Colonial Day. "We feel it is important that we hold onto our heritage and pass it on to the next generation." Country Carpenters transforms its village of models into Hebron in 1708 for this one-day event.

Visitors can also observe:

- A Mohegan campsite
- Carpenters working on post and beam timber framing
- An herbalist about the medical use of herbs in the mid-1750's
- A colonial farmer
- How textiles were made
- A musket firing demonstration

This educational and entertaining event is proudly sponsored by Country Carpenters, Inc. Admission is free, and food will be available for purchase.

Join us for a day of living history at Hebron Colonial Day on Saturday, Sept. 21, 2024!

Hebron Farmers & Artesian Market

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, 92 Church Street, Hebron

07/06/2024 Saturday 9:00 AM 12:00 PM

08/03/2024 Saturday 9:00 AM 12:00 PM

08/31/2024 Saturday 9:00 AM 12:00 PM

10/05/2024 Saturday 9:00 AM 12:00 PM

What's Happening In the Community

AHM Golf Tournament

AHM's 21st Annual Charity Golf Tournament will be held on **July 19**. This event benefits the mental health, drug prevention, and youth & family services AHM provides for local children, teens, young adults, families, and seniors. With the support of businesses, organizations, and people like you, AHM is able to achieve our fundraising goals and continue to support our community. Visit <https://ahmyouth.org/fundraisers-events/charity-golf-tournament/> to register your foursome and learn about sponsorship opportunities.

Tax Collector Announcement

Taxes levied on the Grand List of October 1, 2023 become due and payable on July 1, 2024. Real Estate tax bills of less than \$250, Personal Property tax bills, and Motor Vehicle tax bills shall be due in a single installment on July 1, 2024. Real Estate tax bills over \$250 shall be due and payable in two equal installments on July 1, 2024 and January 1, 2025. Taxes received/postmarked by August 1, 2024 will be considered timely. Payments received/postmarked August 2nd or later will be subject to interest of 1.5% per month or 18% annually from the due date in accordance with Connecticut General Statutes. Initial interest starting August 2nd is 3% of outstanding taxes with a minimum of \$2.00 per tax account. State Statutes dictate that failure to receive a bill does not invalidate amount due. Please make checks payable to: Town of Hebron. Payments may be mailed to: Tax Collector, 15 Gilead Street, Hebron, CT 06248-0134. A secured drop-off box is located on the lower level, south side of the building for payments. Please see the town's website www.hebronct.com for on-line payment options. The Collector's office is located in the lower level of the Town Hall at 15 Gilead Street. Our hours are Monday to Wednesday 8:00am to 4:00pm, Thursday 8:00am to 6:00pm, and Friday 8:00am to 1:00pm. The Tax and Assessor's Offices will close from 12:30 to 1:15 Monday – Thursday for lunch to accommodate a reduction in staff. Respectfully, Adrian MacLean — Hebron Revenue Collector

St. Peter's Pride Celebration

St. Peter's Episcopal Church will host Pride **Sunday on June 23 at 9 a.m.** to coincide with the PRIDE weekend in town. For the past two years, the church has held sermons on the topic of LGBTQ+ concerns and the experience of what it is like to live as members of these communities.

Hebron Women's Club Reunion

In its 49-year history many women contributed to the life of our town through the activities of the Hebron Women's Club. There are stories to be told, memories to be shared and friendships renewed. If you are a past member of HWC and would like to join a gathering to do just that on **Wednesday July 17, please reply before June 30** to Mindy at 860 558- 4240 or Alice at 860 228-4416. Location will be at a local restaurant; time still to be determined. Please share with other past members you may know

Hebron Lions Fireworks

347 Gilead Street, Hebron, CT, 06248
860-228-0542
info@HebronCTLions.org

Saturday, June 29, 2024

Rain date Sunday, June 30, 2024

Gates open at 4:00PM

Fireworks start at 9:30PM

Free on site parking and Free admissions

VIP Priority Exit Parking Available (\$)

Touch-a-Truck

Food Vendors

VIP Priority Exit Parking

\$20 per car in advance Online (www.hebronctions.org/fireworks)

\$25 per car on-site if available

Priority exit before main parking lot.

Limited to 200 cars for priority parking

The Month of July—July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.

“Just for Fun” Days—July 11: International Town Criers Day July 17: National Hot Dog Day July 22: Spooner's Day July 23: National Day of the Cowboy July 27: Take Your Houseplants for a Walk Day July 30: National Cheesecake Day

The Buck Moon

July's full Moon, the Full Buck Moon, occurs on Monday, July 21. It reaches peak illumination at 6:17 A.M. (EDT), rising above the horizon after sunrise—but it will still be spectacular in the night sky. July's Moon Phases
New Moon: July 5, 6:57 P.M. EDT
First Quarter: July 13, 6:49 P.M. EDT

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

Eastern CT Veterans Community Center

47 Crescent Street, Willimantic, CT, 06226

860-423-6389

easternCTveteranscenter@gmail.com

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.

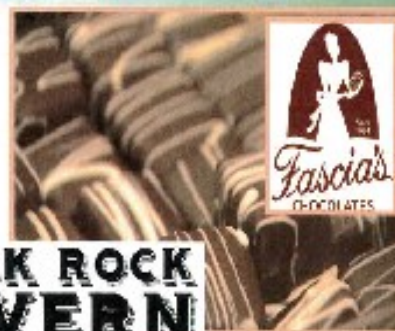
Hebron Senior Center presents:

A Sweet Ride Aboard The Naugy Scenic Train!

Naugatuck Railroad

Thomaston, CT

Friday, Sept. 13, 2024



BLACK ROCK TAVERN

Start your day at **Black Rock Tavern** in the heart of Thomaston, CT for a full course lunch before embarking on the train. MENU: Chicken Marsala, Salmon with Lemon & Herbs, OR Pork Tenderloin, served with Vegetable, Potato, Dessert & Beverage. (Meal Choice in Advance).



Take a scenic ride on the **Naugatuck Railroad**. Board the "Naugy" train at the **Historic Thomaston Station**. Pulled by a vintage diesel locomotive, you will ride through the Naugatuck River Valley over bridges and following the curves of the river. Make your way through Thomaston to Waterbury where the train makes a stop at the **Fascia's Chocolate Factory** (**Fascia's platform not suitable for guests w/ wheelchairs or walkers**) platform for the passengers to disembark and visit the Chocolate Shop, learn its history & purchase treats! Reboard the train to return to the Thomaston Station.

COST: \$129.PP BASED ON 35-50

For Reservations: Mandy Roczniak 860-228-1700

Depart: 10:00am Ted's IGA Parking Lot, 127 Main St, Hebron

Est. Return: 5:30pm Hebron



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-245-1636 • 860-245-1630

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

Hebron Senior Center Happenings.....July 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>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</p>	<p>July 2 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>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 11:50–12:30—Lunch</p>	<p>July 4 CLOSED for July 4th Holiday </p>	<p>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</p>
<p>8 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:50–12:30—Lunch</p>	<p>9 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>10 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:50–12:30—Lunch</p>	<p>11 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>12 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</p>
<p>15 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—On the Basis of Sex—true story of Ruth Bader Ginsburg</p>	<p>16 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10:30-Noon Ice Cream So- cial, games, & rock painting 11:00 Food Truck—must pre-register 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>17 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last one of this session 11:50–12:30—Lunch</p>	<p>18 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–10:45—Sunshine Singers 11:50–12:30— Lunch 12:15—Chatham Health Presentation 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>19 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Stop & Shop 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create</p>
<p>22 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 - New session—shorter 4 class session 11:50–12:30—Lunch</p>	<p>23 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>24 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>25 9:00–3:00 Exer. Rm 9:00-3:00—Massage 10:10–11:45—Sunshine Singers 11:00–3:30 Bus Trip 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>26 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 AND Created to Create Art Space</p>
<p>29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 10:15-11:15 YOGA 11:25-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—King Richard</p>	<p>30 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00 Food Truck—must pre-register 11:50–12:30—Lunch 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>31 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last one of this session 11:50–12:30—Lunch</p>	<p>August 1 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>August 2 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</p>

HEBRON COMMUNITY RENEWAL TEAM **JULY** 2024 CONGREGATE MENU Menu is subject to change 6/10/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	Turkey Sausage Pasta w/ Sce / Parmesan Cheese Normandy Vegetables Garlic Knot Fresh Fruit	2	<u>Celebrate Taco Tuesday</u> Beef Taco / Taco Shell / Mexican-Style Rice & Beans / Lett / Tomato / Cheese / Sour Cr/ Salsa Fresh Fruit	3	Orange Juice Roasted Turkey Sandw w/ Swiss, Lettuce, Tomato & Honey Mustard on Multigrain- Ciabetta Roll / Tater Tots / Ketchup / Cookie	4	Senior Center Closed In Observance of 4 th of July Holiday
8	<u>Beans & Franks Day</u> Orange Juice Chili Hot Dog on Bun Shredded Cheese / Baked Beans / Coleslaw / Wholegrain Fruit Bar	9	100 % Fruit Punch Ice Stuffed Pepper w/ Sauce /Confetti Rice Italian Mixed Vegetables Wheat Bread/ Cookie	10	Boneless Chicken Marsala w/ Mushrooms Rice Pilaf 5-Way Vegetable Blend 100 % Whole Wh Bread Fresh Fruit	11	BBQ Beef Brisket Potato Salad California Blend Vegetables Wheat Bread Fresh Fruit
15	Meat Lasagna / Marinara Sauce / Zucchini / Bread Stick Fresh Fruit	16	Kielbasa / Mustard / Garlicky Smashed Potatoes / Capri Veggies / Wheat Dinner Roll Fresh Fruit	17	Oven-Fried Chicken Baked Beans 4-Way Vegetable Blend Cornbread Loaf Fresh Fruit	18	Grape Juice Baked Ham w/Orange Glaze Mashed Sweet Potatoes Vegetable Medley / Wheat Brd Cookie
22	Smothered Pork Chop w/ Gravy Rice Monaco Blend Veggies Wheat Dinner Roll Fresh Fruit	23	American Chop Suey w/ Elbow Pasta Italian Vegetable Blend 100 % Wh Wheat Bread Fresh Fruit	24	Roast Beef w/ Gravy Mashed Potatoes Brussel Sprouts Dinner Roll Yogurt Cup	25	<u>Cobb Salad</u> : Orange Juice / Roma Blend / Grilled Chicken Breast / Hard Boiled Egg / Bacon / Blue Cheese / Grape Toms / Ranch Dressing / Saltines / Blueberry Sweet
29	BBQ Grilled Boneless Chicken Potato Salad Buttered Corn 100 % Wh Wheat Brd Fresh Fruit	30	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Pudding w/ Topping	31	Swedish Meatballs Garlic Pappardelle Broccoli Florets Wheat Bread Fresh Fruit		

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



Meals on Wheels—Home Delivered Meals
“A service you or someone you know may benefit from”

If you are 60+ years or older and unable to make it to the Senior Center for lunch due to health issues, mobility restrictions, or other factors that prevent you from coming here in person (even if it's temporary due to a surgery or other reason), you can sign up to have meals delivered to your home Monday—Friday between 11:15am—12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack) and, if desired, a cold supper can also be added. Weekend meals can also be added which are delivered cold on Friday to be reheated over the weekend. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Besides the general information form we fill out, you will need a diet order from your physician and that's it to get started. The diet order can specify meals to be modified (if needed) to accommodate allergies, low sugar (diabetic issues), low sodium, and also modified consistency including cut up or ground. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days. Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals **please contact us at 860-228-1700** and ask to speak with someone about Meals on Wheels.

Sudoku

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

How to play

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

SOLUTION

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

Dessert Recipes

Tie Die 4th of July cake

Ingredients

- 1 white boxed cake mix (plus ingredients for cake mix on box)
- Food coloring (red, white, and blue or which ever colors you choose)
- Store bought vanilla buttercream
- Sprinkles for decoration

Directions

- Preheat oven to 350°F (177°C).
- Spray 9-inch round cake pan (or 9-inch springform pan) with nonstick spray.
- Make the cake batter according to directions on the box.
- Divide the white batter into three separate bowls. Grab your food coloring and dye your batters any color you choose. I used 10 drops of red, 10 drops of blue, and left the third bowl plain.
- Place a separate spoon in each bowl. Scoop large spoonfuls of each batter and layer them into prepared baking pan. It does not have to be pretty. The colors will create a tie-dye effect.
- Bake for 20 minutes. Cover loosely with aluminum foil (loosely to avoid the top from sticking to the foil). Bake for 13-17 more minutes or until a toothpick inserted in the center comes out clean. Allow to cool.
- Frost cooled cake and decorate as desired. Cake stays fresh covered at room temperature or in the refrigerator for 5 days.



Chocolate-Covered Frozen Bananas

Ingredients

- Bananas—you choose ripeness
- Red, white, and blue candy melts
- Colored sprinkles
- Lollipop sticks

Directions

- Just cut peeled bananas in half, insert a lollipop stick into each and freeze until firm, about 1 hour. Then dip in melted red, white or blue candy melts; drizzle with more candy melts and decorate with sprinkles. Freeze until ready to serve.



Recipes

Corn 'n' Cucumbers Salad

Ingredients

- 2 medium cucumbers, peeled and thinly sliced
- 2 cups fresh corn, cooked
- 4 green onions, thinly sliced
- 1/2 cup vinegar
- 2 tablespoons sugar

Directions

- Combine all ingredients in a large bowl. Cover and chill for several hours.
- Can add a little more color to cucumber corn salad by including some halved cherry tomatoes and chopped red onion.
- How can you serve cucumber corn salad?
- Cucumber corn salad makes a great side dish to grilled main dishes like steak, burgers or chicken. It's a refreshing summer salad that pairs well with a lot of dishes on a hot summer day!



Buttery Grilled Shrimp

Ingredients

- 1/2 cup butter, melted
- 3 tablespoons lemon juice
- 2 teaspoons chili powder
- 1 teaspoon ground ginger
- 1/4 teaspoon salt
- 2 pounds uncooked shrimp (16-20 per pound), peeled and deveined

Directions

- In a small bowl, combine the first 5 ingredients; set aside 1/4 cup. Thread shrimp onto 8 metal or soaked wooden skewers.
- Grill shrimp, covered, over medium heat 3-5 minutes on each side or until shrimp turn pink, basting occasionally with butter mixture. Remove from grill; brush with reserved butter mixture.



How to Make a Meatless Charcuterie Board

Bread—Bread is a foundational item for any charcuterie board, and Pillsbury™ Crescent Rolls are just the right size for a cheese board layout. With a buttery, flaky texture, rolls offer a versatile flavor that complement a combination of toppings.

Cheeses—Since cheese is the star of the show, be sure to include a handful of options and portion sizes with any meatless charcuterie board. Check out your local deli and have the kids pick out a few cheese samples they'd like to try.

Soft cheeses: Select soft, spreadable cheeses, like brie and camembert, that can be paired with a cracker or vegetable.

Firm cheeses: Hearty cheddar and classics like gouda make for irresistible snacking.

Flavor variety: Consider your audience when selecting your cheese flavors. Get a variety to please all palettes. For instance, you might pick cheddar for the kids and more adventurous options for the adults. If you want something mild, choose classics like Havarti or Manchego.

Jams and Jellies -Choose one or two spreadable jellies to add to your vegetarian charcuterie board. Orange marmalade is a great option for the kiddos, or you could try red pepper jam for something with a bold flavor. Whatever suits your family, jams add a punch of flavor and fresh pops of color to the look and feel of your board.

Fruits and Veggies—Another way you can make your charcuterie vegetarian? Use lots of fruits and vegetables. Choose your kids' favorites first, then consider classic options like olives, tomatoes, grapes, and peppers. You might also consider more seasonal options to add flair and fresh flavors. Pineapple and mango make for a tasty, tropical twist, or you could use jalapeños and green chiles for a spicy set.

Relish and Spreads—Put a final touch on your kid-friendly meatless charcuterie board with relishes, mustards, and spreads that continue to fuel the flavor. Pickles and balsamic vinegar are traditional options, but you could try more mild and familiar flavors like hummus or queso for the kids.



Fourth Of July

Find and circle all of the words that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation.

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

BALD EAGLE
 BALLOONS
 BARBECUE
 BASEBALL
 BEN FRANKLIN
 BETSY ROSS
 CAKE
 CARNIVAL
 CELEBRATION
 COLONIES

CONCERTS
 DECORATIONS
 DEMOCRACY
 FIREWORKS
 FLAG
 FLOATS
 FREEDOM
 GREAT BRITAIN
 HAMBURGERS
 HISTORY

HOLIDAY
 HOT DOGS
 INDEPENDENCE
 JOHN ADAMS
 LIBERTY
 NATIONAL ANTHEM
 NATIONHOOD
 PARADE
 PARTY

PATRIOTIC
 PHILADELPHIA
 PICNIC
 RED WHITE BLUE
 STARS AND STRIPES
 STREAMERS
 THOMAS JEFFERSON
 USA
 WHITE HOUSE