

2024

Hebron Senior Center Newsletter

August

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
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

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 & a bonus Wednesday, August 21st

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, August 12th, Unfinished Song.** Grumpy pensioner Arthur honors his recently deceased wife's passion for performing by joining the unconventional local choir to which she used to belong, a process that helps him build bridges with his estranged son, James. Featuring Vanessa Redgrave. **Wednesday, August 21st, Oscar Winning—American Fiction.** A frustrated novelist, fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes, uses a pen name to write his own outlandish "Black" book and is suddenly swept up in the madness he claims to disdain. **Monday, August 26th, The Beautiful Game.** Starring Bill Nighy, Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning.

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 **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.

HIHS Food Bank Closed Friday, August 9th through Tuesday, August 13th

PLANNING AHEAD—AARP Driving Class

Tuesday, September 3rd 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, August 30th by 10:00am (we are closed Monday the 2nd). 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.

PLANNING AHEAD—Bus Trip Big E in September

Wednesday, September 18th (CT Day) Leave the Senior Center at 8:45 and return approximately 4:00pm. Transportation is \$5. You can purchase your ticket beforehand on-line or at the gate. The price at the gate is \$16 (60 and over). To reserve your spot, call 860-228-1700. Seats are limited

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 Fascisa'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:

Members: Cathy Litwin, Sandy Waldo, Angela Corentin 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

August 13th and 27th—Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags. Must sign-up by 10:00am Monday the day before, 860-228-1700.

Food Bank Transportation—HIHS Food Bank Closed Friday, August 9th through Tuesday, August 13th

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, August 2nd Big Y, August 9th Stop and Shop, August 16th Walmart/Aldis, August 23rd Big Y, August 30th Stop and Shop. 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)

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 August dates are the 12th and 26th. The class is free. Mindful meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Roczniak who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

Yoga—OFF FOR THE MONTH OF AUGUST—WILL RESUME MONDAY, SEPTEMBER 9TH

Mondays & Wednesdays 10:15am—11:15am. The next new session will Monday, September 9th through Wednesday, October 2nd (8 sessions for \$24). 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.

REMINDER LOCAL SCHOOLS OPEN AUGUST 28th & 29th

Hebron Elementary/Gilead Wednesday, Aug. 28th & RHAM Thursday, Aug. 29th Beware of students waiting for the buses, the frequent stops of buses, and the extra traffic on the road

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

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)

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

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

American Legion Chicken Barbecue

The Hebron American Legion annual Chicken Barbecue **Saturday, Aug. 3, from noon-3 p.m.**, at the Legion, 18 Main St. The \$15 packaged-to-go dinner includes a barbecued half chicken, cornbread, pasta salad and coleslaw. Ordering in advance is recommended. To order call Joe Fetta at 203-848-5913 or email Ron Parkyn at park1969@comcast.net. Dinners will be reserved for you. Pay by cash or check when you pick up your dinner at the Legion in the back parking lot drive-through.

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!



SEPTEMBER 5-8, 2024

347 Gilead Street, Hebron, CT, 06248

860-228-0542

info@HebronCTLions.org

2024 Summer and Fall Fairs, Festivals in Connecticut

Fair season is starting up in Connecticut! Here's a list of what's going on in your neck of the woods.

AUGUST

Brooklyn

The Brooklyn Fair will occur from **Thursday, August 22, to Sunday, August 25**, at the Brooklyn Fairgrounds, located at 15 Fairgrounds Road, just off Route 169.

Thursday's hours will be from 4 p.m. to 11 p.m. / Friday's hours will be from 10 a.m. to 11 p.m.

Saturday's hours will be from 9 a.m. to 11 p.m. / Sunday's hours will be from 9 a.m. to 6 p.m.

Parking in the fair's lots will be \$7 per vehicle. Handicap-accessible parking is located in Miller's Lot on Fairgrounds Road and in the East Lot on Route 169.

Chester

The Chester Fair will take place from **Friday, August 23, to Sunday, August 25**, at the Chester Fairgrounds, located on Kirtland Terrace off of Route 154.

Friday's hours will be from 6 p.m. to 11 p.m. / Saturday's hours will be from 8 a.m. to 11 p.m.

Sunday's hours will be from 9 a.m. to 6 p.m.

The fair will feature a new ride company, Marenga Amusements, and all-day ride bracelets on Saturday and Sunday for \$35.

Woodstock

The 163rd Annual Woodstock Fair will take place **Friday, August 30 to Monday, September 2**, Labor Day Weekend. The fair will take place at the Woodstock Fairgrounds located on Route 169 and 171 in South Woodstock. Put the address 281 Route 169, Woodstock, CT, 06281, into your GPS.

Friday hours will be from 12 p.m. to 9 p.m., with ticket booths closing and carnival rides and games closing at 11 p.m.

Saturday and Sunday's hours will be from 9 a.m. to 9 p.m., with ticket booths closing at 9 p.m. and carnival rides and games closing at 11 p.m. /Monday's hours will be from 9 a.m. to 5 p.m., with the ticket booths closing and the carnival rides and games closing at 8 p.m. The Woodstock Fair does not have on-site parking. Neighbors manage all lots, and pricing is set independently

Haddam

The Haddam Neck Fair will occur on **Labor Day weekend, beginning Friday, August 30, and ending Monday, September 2**. The fair is located at 26 Quarry Hill Road, Haddam Neck, 06424. Organizers said you must use East Hampton's ZIP code of 06424, and using Haddam's ZIP code will take you 20 miles away.

Friday's hours will be from 3 p.m. to the final event happening at 6:30 p.m. / Saturday's hours will be from 7:30 a.m. to 10 p.m.

Sunday's hours will be from 7:30 a.m. to 11 p.m. / Monday's hours will be from 7:30 a.m. to 6 p.m.

The Connecticut Renaissance Faire in Lebanon

The Connecticut Renaissance Faire in Lebanon will take place **every Saturday and Sunday from August 31 to October 20, plus Labor Day and Indigenous People's Day**. The hours of the faire will be from 10:30 a.m. to 6 p.m.

SEPTEMBER

Hebron

The Hebron Harvest Fair will take place from **Thursday, September 5 to Sunday, September 8**. The fair is located at 347 Gilead Street. Thursday's hours will be from 4 p.m. to 10:30 p.m. / Friday's hours will be from 12 p.m. to 12 a.m.

Saturday's hours will be from 10 a.m. to 12 a.m. / Sunday's hours will be from 10 a.m. to 7:30 p.m.

Berlin

The 75th Berlin Fair will take place **Thursday, September 12 to Sunday, September 15** at the Berlin Fairgrounds located at 430 Beckley Road. Thursday's hours will be from 4 p.m. to 10 p.m. / Friday's hours will be from 11 a.m. to 10 p.m.

Saturday's hours will be from 9 a.m. to 10 p.m. / Sunday's hours will be from 9 a.m. to 7 p.m.

Parking is available on site, and a shuttle bus service from Assa Abloy and Eversource operates Friday, Saturday, and Sunday.

Durham

The 104th Annual Durham Fair will take place from **Thursday, September 26 to Sunday, September 29** at the Durham Fairgrounds located at 24 Town House Road.

Thursday's hours will be 4 p.m. to 10 p.m. / Friday's hours will be from 9 a.m. to 10 p.m.

Saturday's hours will be from 9 a.m. to 10 p.m. / Sunday's hours will be from 9 a.m. to 6 p.m.

There will be \$5 parking in lots operated by the fair, but there is no visitor parking available directly don't he fairgrounds. There will be shuttle buses to take visitors from the lots to the fairgrounds.

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 31</p> <p>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—Resumes September 9th 11:50–12:30—Lunch</p>	<p>August 1</p> <p>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</p> <p>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>5</p> <p>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—Returns September 9th 11:50–12:30—Lunch</p>	<p>6</p> <p>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>7</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Returns September 9th 11:50–12:30—Lunch</p>	<p>8</p> <p>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>9</p> <p>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>12 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—Returns September 9th 11:25-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—Unfinished Song</p>	<p>13</p> <p>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>14</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Returns September 9th 11:50–12:30—Lunch</p>	<p>15 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>16</p> <p>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</p>
<p>19</p> <p>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—Returns September 9th 11:50–12:30—Lunch</p>	<p>20</p> <p>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>21</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Returns September 9th 11:50–12:30—Lunch 12:30—Movie—American Fiction</p>	<p>22</p> <p>9:00–3:00 Exer. Rm 9:00-3:00—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>23</p> <p>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>26</p> <p>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—Returns September 9th 11:25-Noon—Meditation 11:50–12:30—Lunch 12:30—Movie—The Beautiful Game</p>	<p>27</p> <p>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>28</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Returns September 9th 11:50–12:30—Lunch</p>	<p>29</p> <p>9:00–3:00 Exer. Rm 9:00-3:00—Massage 10:10–11:45—Sunshine Singers 11:50-12:30—Lunch—CRT Nutrition Education 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>30</p> <p>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>

August Congregate Menu—Suggested Donation \$3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
JULY 29	BBQ Grilled Boneless Chicken Potato Salad Buttered Corn 100 % Wh Wheat Brd Fresh Fruit	JULY 30	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Pudding w/ Topping	JULY31	Swedish Meatballs Garlic Pappardelle Broccoli Florets Wheat Bread Fresh Fruit	August 1	100 % Fruit Punch Juice Oven-Fried Chicken Potato Salad Buttered Corn Wheat Dinner Roll Cookie
AUG5	Stuffed Cabbage w/ Tomato Sauce Pasta w/ Sauce Monaco Blend Veggies Garlic Knot Fresh Fruit	AUG6	Cobb Salad : Ice Roma Blend / Grilled Chicken Breast / Hard Boiled Egg / Bacon /Blue Cheese / Grape Toms / Ranch Dressing Saltines / Cookie	7	Salisbury Steak w/ Gravy/Seasoned Whole Baby Pots/Green & Yellow Wax Beans 100 % Whole Wheat Bread/Fresh Fruit	8	Orange Juice Beef Hot Dog / Hot Dog Bun Mustard, Ketchup, Relish Baked Beans Carrot Raisin Salad Yogurt Cup
12	Grape Juice Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Wholegrain Fruit Bar	13	Beef Meatballs w/ Gravy Parslied Egg Noodles Brussel Sprouts 100 % Whole Wh Bread/Fresh Fruit	14	100 % Fruit Punch Ice Honey Baked Ham Sweet Potatoes Broccoli Florets Cornbread Loaf Pudding w/ Topping	15	Seafarer's Seafood Salad Potato Wedges / Ketchup Coleslaw Saltine Crackers Fresh Fruit
19	Meatloaf w/ Veg Gravy Oven-Roasted Potatoes Whole Baby Carrots 100 % Whole Wheat Bread/Fresh Fruit	20	Orange Juice Chicken Piccata Garlic Pappardelle Capri Vegetable Blend Wheat Bread Yogurt Cup	21	Cheesy Vegetable Lasagna a la Vodka Normandy Vegetable Blend Italian Bread Fresh Fruit	22	Chicken Caesar Wrap : Grilled Chicken Brst / Leaf Lettuce / Caesar Dressing/Garlic Pesto Wrap /Mustard/ Mayo/ Tri-Colored Pesto Pasta/ Watermelon
26	Mini Turkey Meatballs w/ Sweet & Sour Sce Rice/Broccoli Normandy Wheat Bread Fresh Fruit	27	Grande Cheese Raviolis / Tom Cream Sce / Parm Cheese / Ital Vegs /GarlicKnot / Banana	28	Boneless Smothered Chicken Breast Lyonnaise Potatoes Spinach 100 % Whole Wheat Bread Fresh Fruit	29	Orange Juice Roast Beef w/ Gravy Garlicky Smashed Potatoes Peas & Diced Carrots Dinner Roll/Cookie



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

Blueberry Peach Crisp

Ingredients

- 1 cup fresh blueberries
- 5 medium fresh peaches, peeled and sliced
- 2 teaspoons cornstarch
- 2 tablespoons sugar
- 1 cup KIND Oats & Honey Granola
- 1 tablespoon melted butter
- 1 tablespoon brown sugar
- 1/2 teaspoon cinnamon

Directions

1. Preheat oven to 375 degrees.
2. In medium glass baking dish, combine blueberries, peaches, cornstarch and sugar; stir and set aside.
3. In medium bowl, combine granola, butter, brown sugar and cinnamon. Sprinkle granola mixture on top of blueberry-peach mixture and bake for 20 minutes. Serve warm or at room temperature.



Apple Oatmeal Cookies

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup old-fashioned oats uncooked
- 1/2 cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1 egg
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 cup peeled, shredded apple
- 1/3 cup dried cranberries or raisins
- 1/3 cup chopped toasted pecans

Directions

1. Combine flours, baking soda, salt, oats, brown sugar, and cinnamon in a large bowl, mixing well.
2. In small bowl, combine egg, oil, and vanilla and stir into dry ingredients. Add shredded apple, raisins, and pecans, and stir until just blended.
3. Drop dough by rounded teaspoons onto greased cookie sheets. Bake at 350 degrees for 10 to 12 minutes or until golden brown. Carefully transfer cookies to wire racks to cool.



Recipes

7 Layer Mediterranean Dip

Ingredients

- 1 (10 ounce) container roasted red pepper hummus
 - 2 cups shredded spinach/romaine lettuce blend
 - 3/4 cup chopped tomatoes
 - 3/4 cup chopped, peeled and seeded cucumbers
 - 1/4 cup finely chopped red onions
 - 1/2 cup crumbled reduced-fat feta cheese
 - 3 tablespoons chopped Kalamata olives
- Optional:
- Fresh cut veggies
 - Whole Grain Crackers
 - Pita triangles

Directions

1. Spread hummus on serving platter. Layer spinach blend, tomatoes, cucumbers, red onions, cheese and olives on top of hummus.
2. Serve with fresh veggies, whole grain crackers or pita triangles, if desired.



'Veggieful' Turkey Burgers Recipe

Ingredients

- 1 pound ground turkey
- 2 carrots, finely grated
- 2 celery stalks, finely chopped
- 1/2 cup mushrooms, finely chopped
- 1/2 cup zucchini, finely grated
- 1 package dry onion soup mix
- 1 tablespoon fresh parsley, finely chopped
- 2 cups oats
- 1 egg, lightly beaten
- 1/4 cup fat free milk
- ground black pepper, to taste
- non-stick cooking spray

Directions

1. Preheat oven to broil.
2. Rinse all fresh produce items under cold running water prior to prepping.
3. In a medium bowl, combine all ingredients; season to taste with pepper.
4. Divide mixture into 8 equal balls; flatten each ball into burger patties. Wash hands after handling raw poultry.
5. Lightly coat a baking pan with cooking spray. Add burgers and broil about 5 inches from heat for 6 minutes per side or until internal temperature reaches 165 degrees Fahrenheit as verified with an instant-read food thermometer. Top with your favorite toppings.



Pumpkin Dog Bones

Ingredients

- 2 large eggs, lightly beaten
- 1/2 cup pumpkin, canned
- 1/2 teaspoon salt
- 2 tablespoons nonfat dry milk
- 2 1/2 Cups flour, wheat preferred
- Water

Directions

1. Preheat oven to 350 degrees F. Blend eggs and pumpkin together; add salt, dry milk, and flour.
2. Add water as needed to make the dough somewhat workable. The dough should be dry and stiff, don't be concerned with crumbs being left in the bowl. You will need to mix this with your hands because it is too stiff for an electric mixer.
3. Roll to 1/2-inch thick. Cut into shapes.
4. Place 1" apart on ungreased cookie sheet.
5. Bake for 20 minutes on one side, then turn over and bake another 20 minutes.



Summer Olympics

Find and circle all of the Summer Olympic events that are hidden in the grid. remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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

ARCHERY
 ATHLETICS
 BADMINTON
 BASEBALL
 BASKETBALL
 BEACH VOLLEYBALL
 BOXING
 CANOEING
 CYCLING

DIVING
 EQUESTRIANISM
 FENCING
 FOOTBALL
 GYMNASTICS
 HANDBALL
 HOCKEY
 JUDO
 MODERN PENTATHLON

RHYTHMIC GYMNASTICS
 ROWING
 SHOOTING
 SOFTBALL
 SWIMMING
 SYNCHRONIZED SWIMMING
 TABLE TENNIS
 TAEKWONDO

TENNIS
 TRAMPOLINING
 TRIATHLON
 VOLLEYBALL
 WATER POLO
 WEIGHTLIFTING
 WRESTLING
 YACHTING