

2024

Hebron

Senior Center Newsletter

September

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard	x 203	Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
Mandy Roczniaik	x 202	Program Director	aroczniaik@hebronct.com
Dennis Farrar	x 204	Adult & Senior Services Social Worker	dfarrar@hebronct.com
Tammy Scherp	x 201	Transportation Coordinator	New Dedicated Transportation phone # 860-228-5977
Linda Zaccaro	x 200	Receptionist	

New Social Worker Dennis Farrar, MSW, starts September 3rd

I am excited and honored to accept the position of Adult and Senior Services Social worker for the town of Hebron. In my 30 years in healthcare, and 25 years as a social worker, I have had the pleasure of working with many people and helping them to reach their individual goals. I have always strived to be a positive support and strong advocate for people in need. Some of my greatest achievements have been during my 17 plus years as a home-care and Hospice Social worker providing such services as, education regarding options for care and services, assistance with planning and decision making, emotional support, counseling, advocacy, and case management, to address many areas of need. In addition, I have facilitated various support groups for caregivers, grieving widowers, and veterans, to name a few, and have developed presentations on various topics such as stress management, self-care for caregivers, and healthcare and hospice choices. I am truly looking forward to meeting and assisting the residents of the town of Hebron who might benefit from my services.

Hebron Harvest Fair Bus Transportation

Friday, September 6th, transportation to the Hebron Fair for Seniors (60+) that are residents of Hebron/Amston, \$1 for the bus. Drop off at the fair will be at Noon and departure from the fair will be at 2:30pm. You must sign-up by 9:30am on Thursday, September 5th. To reserve your spot, please call 860-228-1700.

Senator Osten Speaking

Wednesday, September 18th at 1:00pm Senator Cathy Osten, Deputy President Pro Tempore, representing Columbia, Franklin, Hebron, Lebanon, Ledyard, Lisbon, Marlborough, Montville, Norwich, and Sprague will be joining us to speak to you about what's happening at the capitol and locally. This is your chance to have your voice heard and ask the questions you want answered. Please sign-up by calling 860-228-1700. Light refreshments will be served.

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 **September 19th topic was not available at press time, but I'm sure it'll be good.** Please call, 860-228-1700.

AARP Driving Class

Tuesday, September 24th (previous listed date was the 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 Monday, September 23rd by 10:00am. 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.

New Program—Bible Study

Starting Monday, September 9th 2:00-3:00pm (then every Monday) led by Shahin the present pastor at the Willimantic SDA Church. Study includes both new and old testament (aka The Bible). This is a non-denomination class. The class is free, pre-registration required for planning purposes. Call 860-228-1700 to register.

PLANNING AHEAD—New programs coming, 1 starting in October, 1 starting in November

TED Talk Discussions—just like a book club, but with TED Talks. And what are those, come and find out—2nd Tuesday of the month (October 8th, November 12th, December 10th)—10:30-11:45am. More details in October newsletter.

Great Courses—Come together for engaging courses designed to enrich and improve your life. Academically comprehensive and relentlessly engaging, Great Courses bring lifelong learners face-to-face with trusted professors and subject matter experts on topics ranging from science and history to philosophy and religion to travel and professional growth. Experience the pure joy of learning.

HEBRON COMMISSION ON AGING

Members: Sandy Waldo, Cathy Litwin, Angela Corentin Jo Souza, Rebecca Tamsin, & Margaret Gibbs
1 regular seat open and 2 open seats for alternates

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

September 10th & 24th—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

Meals on Wheels—Home Delivered Meals

If you are 60+ years or older 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 the social worker.

Weekly Shopping Trips

Pre- registration is required by Thursday at 10am. **Pick-ups will begin in the general time of 9:00am based on where pick-ups will be**—Friday, September 6th Big Y, September 13th Walmart, September 20th Stop and Shop, September 27th Big Y. To sign-up please call 860-228-1700.

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)
- Fares are charged for transportation. You can get the fee schedule by calling the senior center.

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. NO CLASS TUESDAY, SEPTEMBER 10TH. 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 September dates are the 9th and 30th. 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 RETURNS

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.

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.

Programs and Activities

Movie Monday

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, September 16th** *The Instigators*, Rory (Matt Damon) and Cobby (Casey Affleck) are reluctant partners: a desperate to rob a corrupt politician's ill-gained earnings. But when the heist goes wrong, the two find themselves engulfed in a whirlwind of chaos, completely out of their depth, they convince Rory's therapist (Hong Chau) to join their riotous getaway through the city, where they must put aside their differences and work together to evade capture -- or worse. **Monday, September 30th**, *The Visitor*, When Walter (Academy-Award-nominee Richard Jenkins), a disaffected college professor, takes an unplanned trip into New York, he discovers a couple has taken up residence in his apartment in the city.

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.

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.

Thank you for the Donations Thank you for the various donations to the senior center that range from goods to monetary; Suzanne Sterling (if we missed your name please let us know and we will get it in the next newsletter)

CT Energy Assistance Applications Begin September 16th
Please call 860-228-1700 to make an appointment—no walk-ins

Planning ahead

Flu clinic

Tuesday, October 15th 10:00am-Noon. The flu clinic, sponsored by Chatham Health is open to any resident ages 18 and up. Please bring your insurance card, no pre-registration required. Not yet determined if Covid Vaccine will be available.

Monthly Blood Pressure Screenings

Beginning **Thursday, October 17th** and then every 3rd Thursday of the month from **11:30am-12:30pm**, Chatham Health will be offering free Blood Pressure screenings. No registration required.

Ted Talks Discussion Group

Just like a book club, but with talks. They are short, (15-20min) recorded presentations that share knowledge and research from experts on a variety of topics, including science, business, education, and creativity. The goal of TED Talks is to educate and inspire global audiences in an accessible way. TED Talks are often presented by scientists, researchers, technologists, business leaders, artists, and designers. We will watch a Ted Talk on a selected topic and then discuss what we just watched. They will be on the 2nd Tuesday of the month (**October 8th**, November 12th, December 10th)—**10:30-11:45am**. To register call 860-228-1700.

Art Class—Pumpkin Painting/Marbling

Join us on Tuesday, October 22nd at 10:30am to paint pumpkins and marbling (which is a dip in water and various nail polish colors) Each dip creates a different pattern. Cost is \$5 per person and registration required. To sign-up call 860-228-1700.

PLEASE DONATE ANY UNUSED NAIL POLISH THAT IS STILL GOOD/NOT SOLIDIFIED—OPEN BOTTLES OK, ANY COLORS

Great Courses—Coming in November

Come together for engaging courses designed to enrich and improve your life. Academically comprehensive and relentlessly engaging, Great Courses bring lifelong learners face-to-face with trusted professors and subject matter experts on topics ranging from science and history to philosophy and religion to travel and professional growth. Experience the pure joy of learning.

MOW Drivers needed

Looking for one or two volunteers to deliver meals on wheels. Mondays are an open slot (but can be adjusted if necessary) and a substitute driver for when a regular driver is unavailable. General time range 11:00am-12:30pm, please call 860-228-1700.

Medicare Open Enrollment begins Tuesday, October 15th
Please call to make an appointment—860-228-1700

What's Happening In the Community



SEPTEMBER 5-8, 2024

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

St. Peter's Church Monthly Dinners

30 Church St. (Rte. 85) - 4:00-6:00pm

Dinners/Drive Thru (while supplies last)

Cost \$17—Dinner proceeds donated to various groups

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—refer to the Rivereast as the event nears)

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

2024 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.

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.

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.

Hebron Senior Center Happenings.....September 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>September 2</p> <p>CLOSED LABOR DAY</p> 	<p>September 3</p> <p>9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p> <p>New Social worker Dennis Farrar 1st day</p>	<p>4</p> <p>8:30 Commission on Aging</p> <p>9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul</p>	<p>5</p> <p>9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–11:45–Sunshine Singers 1:00-3:00–BINGO 12:45-3:15–Mah Jongg</p> <p>Hebron Harvest Fair opens at 4:00pm</p>	<p>6 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 11:30-2:30 Bus to Fair Hebron Fair thru Sunday</p>
<p>9</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–NEW SESSION 11:25-Noon–Meditation 2:00-3:00 Bible Study</p>	<p>10</p> <p>9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 11:00 Food Truck–must pre-register NO CLASS 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>11</p> <p>9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA-NEW SESSION</p>	<p>12</p> <p>9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–11:45–Sunshine Singers 1:00-3:00–BINGO 12:45-3:15–Mah Jongg</p>	<p>13</p> <p>9:00–Noon Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 9:00 Shopping– Walmart 10:00-5:00 Friendship Tours Bus Trip 10:15–12:15– Fun with Stiches Quilting Group AND Created to Create Art Space</p>
<p>16 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 12:30–Movie– The Instigators 2:00-3:00 Bible Study CT Energy Assistance Appli- cations begin–make appt.</p>	<p>17</p> <p>9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>18</p> <p>8:45-4:00 Big E Bus Trip 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 1:00–Senator Osten Talk</p>	<p>19</p> <p>9:00–3:00 Exer. Rm 9:00-3:30–Massage 10:10–11:45–Sunshine Singers 12:15–Chatham Health Presentation 1:00-3:00–BINGO 12:45-3:15–Mah Jongg</p>	<p>20</p> <p>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>23</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 2:00-3:00 Bible Study</p>	<p>24 9:00–3:00 Exer. Rm 9:00-1:00–AARP Driving Class 10:00–11:30–Knitting/ Crocheting/Needlework 11:00 Food Truck–must pre-register 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>25</p> <p>9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA</p>	<p>26</p> <p>9:00–3:00 Exer. Rm 9:00-3:00–Massage 10:10–11:45–Sunshine Singers 1:00-3:00–BINGO 12:45-3:15–Mah Jongg</p>	<p>27</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>30</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 11:25-Noon–Meditation 12:30–Movie–The Visitor 2:00-3:00 Bible Study</p>	<p>October 1</p> <p>9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 11:00 Food Truck–must pre-register 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta</p>	<p>October 2</p> <p>9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA</p>	<p>3</p> <p>9:00–3:00 Exer. Rm 9:00-3:00–Massage 10:10–11:45–Sunshine Singers 1:00-3:00–BINGO 12:45-3:15–Mah Jongg</p>	<p>4</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 Art Space</p>

The Renters' Rebate Program Deadline October 1st

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.



CONNECTICUT Consumer Protection

Consumer Protection Warns of Scammers Impersonating Electric Utility Employees

8/23/2024 DCP has received multiple reports of calls to consumers offering “discounts” on electric rates. This is a scam. HARTFORD — The Department of Consumer Protection is warning the public about a new scam that appears to target Eversource customers. “Scammers know you may be trying to save money on your utility bill and are looking for every opportunity to take advantage of you,” said DCP Commissioner Bryan T. Cafferelli. “If you receive an unsolicited phone call from your utility company offering a deal that seems too good to be true, it probably is.” “Scammers are constantly changing their tactics to take advantage of unsuspecting customers – in this case they’re offering a fake special rate discount for seniors,” said Jared Lawrence, Eversource Senior Vice President for Customer Operations and Digital Strategy. “We remind customers, if they get a call or text and something doesn’t seem right – don’t panic and don’t pay or give any personal information – and if you ever doubt who you’re talking to is legitimate, hang up and give us a call at **800-286-2000**.” “It is deeply unfortunate that scammers would try to take advantage of our customers, particularly our elderly customers, to steal their identities and financial information,”

How This Scam Works:

- Scammers are calling Eversource customers, pretending to represent the electric companies.
- The imposter offers the customer a “rate discount” for elderly residents.
- The scammer then asks for personal information such as your name, birth date, and account number, as well as payment information, in order to access the discount.
- The discount does not exist, and providing your personal information could result in identity theft as well as financial theft.

What You Should Do:

- If you receive an unsolicited phone call from someone claiming to be an Eversource employee, hang up.
- If you have questions for your utility company, call the phone number listed on your bill. Report the scam attempt to the Department of Consumer Protection at ct.gov/DCP/Complaint

If You Are a Victim:

- Don’t be ashamed.
- Contact your financial institution to freeze your accounts, as well as one of the three major credit reporting agencies.
- Visit IdentityTheft.Gov for a recovery plan.
- File a report with your local police department.
- Report the scam to the Department of Consumer Protection at ct.gov/DCP/Complaint

Additional tips:

- Eversource representatives do not require the use of prepaid debit cards, such as Green Dot MoneyPak, Vanilla, or Reloadit. They will also never ask customers to pay using a Bitcoin ATM or a gift card.
- A customer is never required to provide a form of payment to Eversource when switching rates.
- Eversource never request customers meet at a department or grocery store to make a payment.
- Customers should never provide personal, financial, or account information to any unsolicited person on the phone, at the door, or online, even if they seem legitimate.
- Eversource do not solicit door-to-door or on the phone on behalf of third-party energy suppliers.
- All Eversource carry photo identification; field workers wear clothing with the company logo and drive company vehicles.
- Customers who are scheduled for disconnection due to nonpayment receive written notice that includes information on how to maintain their service.
- Customers who doubt a call, in-person interaction, text, or email is legitimate should call their electric company directly to confirm the authenticity of the contact.
- Customers should not search for their utility company’s phone number or website through a search engine. You can find contact information, including the website, on your bill.

Best Things to Buy in September 2024

With the warm summer months coming to an end, there's no denying that we'll soon be trading our Popsicles for pumpkin spice lattes and apple cider donuts.

The upside of the change in seasons is a slew of sales that you can take advantage of this month, including deals on summer clothing, luggage and smartphones, along with big-ticket items like furniture and appliances marked down during Labor Day weekend.

"A lot of stores use Labor Day sales as a semiannual sale, but it's also the end of summer," says Sarah Jankowski, director of user growth and integrated marketing at Shopkick. "You'll see some really big deals and offers this month."

Kimberly Palmer, a consumer expert at NerdWallet, recommends checking out department stores over Labor Day. They tend to have storewide sales, with discounts across nearly every category.

Here's a roundup of particular items that will go on sale in September.

Summer clothing

While you may find a slimmer selection of summer clothing come September, the items that remain are going to be deeply discounted. "When it comes to summer clothing, we see both the bigger and the smaller stores trying to clear their shelves this month," Palmer says. "The inventory is a bit picked over, but if you can be flexible on color or size, you'll get the best deals."

One caveat to keep in mind: Clearance clothing sales are often final, so it may be worth purchasing these items in-store so that you can try them on before buying. Where to look for deals: Gap, JCPenney, Kohl's Potential savings: Up to 80 percent off.

Mattresses

While you'll see mattress sales year-round, the deepest discounts tend to come during the holidays and over three-day weekends like Memorial Day and Labor Day. That means this could be your last chance to score the lowest possible price on a mattress for months. In addition to shopping in stores, some of the best deals will come from the online direct-to-consumer brands that have grown their presence in recent years. Where to look for deals: Mattress Firm, Saatva, Nectar Potential savings: Up to 60 percent off.

Large appliances

If you need a washer or dryer, or kitchen appliances such as an oven or microwave, Labor Day weekend is one of the best times to make a purchase. Retailers will offer a range of discounts. Depending on the company, you could nab even better deals by purchasing more than one appliance at a time. Where to look for deals: Best Buy, Home Depot, Wayfair Potential savings: 25 to 40 percent off.

Luggage

As the summer travel season winds down, so does the demand for luggage. In response, retailers often drop prices this month to move inventory that hasn't sold yet. Where to look for deals: Macy's, Away, Amazon. Potential savings: 20 to 35 percent off.

Older iPhones

While shopping experts typically recommend waiting until Black Friday to purchase a new smartphone, they make an exception if you're looking for an older model. Apple hasn't announced when it will release the new iPhone 16, but it typically rolls out new models in September. That will immediately push down prices of older models, with the iPhone 15 seeing the largest price cut.

Budgeting expert Andrea Woroch suggests expanding your search to include certified refurbished models. "As long as you're buying from a reputable retailer that's offering a warranty, and you know it's been repaired and restored, you could see much deeper discounts," she says. Where to look for deals: Verizon, AT&T, T-Mobile. Potential savings: 10 to 15 percent off.

Baby gear

Carter's typically hosts its semiannual sale this month, making it a great time to pick up clothing for little ones. Other stores have baby-related discounts this month as well, not only on clothing but also on must-have baby gear like strollers and car seats, staples like diapers and formula, and even toys. "Retailers are starting to receive their shipments for the holidays and they need to clear out older inventory," says Bella Gerard, a shopping trend advisor at Rakuten. "You'll see major promotions in children and baby's items."

Where to look for deals: Target, Carter's, Burt's Bees. Potential savings: 20 to 40 percent off.

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 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

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

Apple Cinnamon Bread Bake Recipe

Ingredients

- 1 tablespoons unsalted butter, cubed, plus more for greasing dish
- 1/2 cup light brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 large Granny Smith apples, peeled, cored, quartered, thinly sliced
- 1 lemon, juiced
- 2 teaspoons pure vanilla extract
- 6 slices cinnamon raisin swirl bread, cubed
- 1/2 cup apple cider
- vanilla ice cream, for serving

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Generously butter a 3- or 4-quart baking dish; set aside.
3. In a small bowl, combine sugar, cinnamon and nutmeg; set aside.
4. In a large bowl, toss apples with lemon juice and vanilla. Spread 1/2 the bread cubes onto the bottom of the prepared baking dish. Then layer with half of the apples and half of the sugar mixture. Add remaining apples and drizzle with cider; top with remaining bread cubes and sugar mixture. Add butter cubes to the top spacing them out evenly.
5. Cover dish with foil and bake for 20 minutes. Uncover and bake for 16 minutes or until bread cubes are golden brown
6. Serve with vanilla ice cream



Apple Pie Roll-Ups

Ingredients

- 1 (8-ounce) package Crescent Rolls
- 1 Golden Delicious apple, cut into thin slices
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 4 tablespoons salted butter, softened

Directions

1. Preheat oven to 375 F. Line baking sheet with parchment paper. Open crescent rolls and separate each crescent.
2. In a small bowl, mix together sugar, cinnamon and softened butter.

Directions

3. Spread a thin layer of cinnamon-sugar mixture on the top of each crescent triangle, then place 2 to 3 slices of apple along the longer edge.
4. Starting with the big side, roll up each crescent and place on baking sheet.
5. Bake 10 to 12 minutes until crescents are golden brown. Cool 5 minutes before enjoying.



Recipes

Waffle-Iron Pizzas

Ingredients

- 1 package (16.3 ounces) large refrigerated buttermilk biscuits
- 1 cup shredded part-skim mozzarella cheese
- 24 slices turkey pepperoni (about 1-1/2 ounces)
- 2 ready-to-serve fully cooked bacon strips, chopped
- Pizza sauce, warmed

Directions

- Roll or press biscuits to fit waffle iron. On 1 biscuit, place 1/4 cup cheese, 6 slices pepperoni and 1 scant tablespoon chopped bacon to within 1/2 in. of edges. Top with a second biscuit, folding bottom edge over top edge and pressing to seal completely.
- Bake in a preheated waffle iron according to manufacturer's directions until golden brown, 4-5 minutes. Repeat with remaining ingredients. Serve with pizza sauce.



Sauteed Squash with Tomatoes & Onions

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 4 medium zucchini, chopped
- 2 large tomatoes, finely chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

- In a large skillet, heat oil over medium-high heat. Add onion; cook and stir until tender, 2-4 minutes. Add zucchini; cook and stir 3 min
- Stir in tomatoes, salt and pepper; cook and stir until squash is tender, 4-6 minutes longer. Serve with a slotted spoon.



Bacon-Wrapped Pesto Pork Tenderloin

Ingredients

- 10 bacon strips
- 1 pork tenderloin (1 pound)
- 1/4 teaspoon pepper
- 1/3 cup prepared pesto
- 1 cup shredded Italian cheese blend
- 1 cup fresh baby spinach

Directions

- Preheat oven to 425°. Arrange bacon strips lengthwise in a foil-lined 15x10x1-in. pan, overlapping slightly.
- Cut tenderloin lengthwise through the center to within 1/2 in. of bottom. Open tenderloin flat; pound with a meat mallet to 1/2-in. thickness. Place tenderloin on center of bacon, perpendicular to strips.
- Sprinkle pepper over pork. Spread with pesto; layer with cheese and spinach. Close tenderloin; wrap with bacon, overlapping ends. Tie with kitchen string at 3-in. intervals. Secure ends with toothpicks.
- In a 12-in. skillet, brown roast on all sides, about 8 minutes. Return to baking pan; roast in oven until a thermometer inserted in pork reads 145°, 17-20 minutes. Remove string and toothpicks; let stand 5 minutes before slicing.



Weather

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

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

BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNGOUR
DRIZZLE
DROUGHT
FAHRENHEIT

FLOOD
FLURRIES
FOG
FORECAST
FREEZE
FROST
HAIL
HOT
HUMIDITY
HURRICANE

ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER
SLEET
SNOW
SQUALL

STORM
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY