

2025

Hebron Senior Center Newsletter

February

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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The Resilient Living Program– still time to sign-up

The Resilient Living Program is designed for people living with mild to moderate cognitive issues. The program will be offered in a group setting at the Russell Mercier Senior Center in collaboration with LiveWell. **Tuesdays and Thursdays 10AM to 11:50AM until May 29th and it does require a full-commitment until May 29th.** LiveWell is leading both fitness and cognitive enhancement programs. Participation will be limited to 8 individuals, call 860-228-1700 for more information.

RHAM Bingo

Please join us on the **TUESDAY, February 11th from 2:30pm-4:00pm** for FREE Bingo with prizes (4 card limit). Bingo is called by RHAM National Honor Society members. Come, have fun, interact with the kids, and maybe win a prize. In the event of school closing early on any of those dates due to weather, bingo would be cancelled. **March is Tuesday the 18th.**

Bus Trip – Lunch at Windham Tech’s Uncommon Kitchen

Wednesday, February 19th we will be having lunch at Windham Tech’s Uncommon Kitchen featuring the food prepared by the culinary students. Exact menu not yet available, but will include warm rolls and butter, appetizer or soup and your choice of entrée, and dessert. The cost is \$17 which includes transportation, but not tip. Deadline to register is Wednesday, February 12th, no refunds after this date. Bus will leave at 10:15am and return by 12:45pm.

AARP Income Tax Preparation for the 2024 Year

Certified AARP Tax Preparation volunteers will be at the Hebron Senior Center to prepare BASIC Federal and State tax returns on Tuesdays from 9:00am-1:00pm on the following dates; February 4, February 11, February 18, February 25, March 4, March 11, March 18, March 25. **Sign-up** by calling **860-228-1700**. They are one hour appointments, but understand that it very well may take longer than an hour to complete and process your return, so please plan accordingly and be patient with the VOLUNTEER AARP TAX preparers 9:00am, 10:00am, 11:00am, and Noon.

Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. (please note this month they are back to back weeks) **Monday, February 3rd Fly Me to the Moon**— Scarlett Johansson and Channing Tatum, a sharp, stylish romantic comedy set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing. Brought in to fix NASA's public image, sparks fly in all directions as marketing maven Kelly Jones (Johansson) wreaks havoc on launch director Cole Davis's (Tatum) already difficult task. When the White House deems the mission too important to fail, the countdown truly begins **and Monday, February 10th Oscar nominated, Conclave** follows one of the world’s most secretive and ancient events -- selecting the new Pope. Cardinal Lawrence (Ralph Fiennes) is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic Church’s most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope’s wake, secrets which could shake the foundations of the Church.

*****Senior Center Weather Policy*****

If Schools are closed due to weather/road conditions, the senior center is closed and there will be NO Dial-A-Ride, senior center activities, or Meals on Wheels. If schools have a 2 hour delay, Center activities and transportation start @ 9:00AM.

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, February 5, 2025 - 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

February 11th & 25th—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** —January 31st Big Y, February 7th Stop & Shop, February 14th Walmart/Aldis, February 21st Big Y, February 28th Stop & Shop. 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.

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.

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.

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.

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

Twice per month on specific Monday's (2x/month) starting at 11:25. The February dates are the 3rd & 10th. The class is free. Mindful meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Rocznik who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

Yoga

Mondays & Wednesdays 10:15am—11:15am. The new session will be February 10th—March 5th (no class February 17th—senior center closed) 7 sessions, \$21 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 and 50 minute chair/table or hot stone massages for \$25/\$50 accordingly, (if you would like a longer appointment, please discuss that with Bev) 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 12:30-6:30pm** (last appointment at 5:30pm) 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. Please call 860-228-1700.

Tai Chi

Thursdays, from 10:15am-11:15am for Beginner Tai Chi Class. This class consists of soft, fluid, circular movements that build into a flowing meditation. This motion will promote better balance, improve flexibility, and will be enjoyed for its beauty, artistry, and therapeutic qualities. Curriculum includes the Taste of Tai Chi 6 Step Yang Style Form taught at Boston University, the Compulsory 24 Step Yang Style Form and Nei Gong meditation. Instructor: Hilary Celentano. Hilary has been teaching and instructing for 23 years and has been blessed to study under the most qualified Sifu's and Grand Master's in the United States. She has competed in international martial arts competitions and holds gold medals for 24 Yang Style Form, Flying Rainbow Single Fan Form, and 32 Yang Style Straight Sword Form. **The present session runs through February 27th (4 classes \$12 if you start on Feb. 6th)**
To register call us at 860-228-1700.

Programs and Activities

Ted Talk Discussions

TED Talks 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. We will watch a Ted Talk on a selected topic and then discuss what we just watched. They will be on the 3rd Tuesday of the month, **February 18th—10:30-11:45am**. To register call 860-228-1700.

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. 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) Fridays 9:00-12:00 (last time slot at 11:00am). To reserve a time please call 860-228-1700.

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 **February 20th is micronutrients– part 2—minerals**. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

Every **3rd Thursday** of the month from **11:30am-12:30pm**, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required, **February 20th**.

Congregate Lunch is Back—Tuesdays & Thursdays

We know how important socialization is in preventing isolation and loneliness, plus it can just be fun having lunch with new and longtime friends. We will be serving lunch at noon on Tuesdays & Thursdays. The cost will be \$4 per person and you **ABSOLUTELY MUST** pre-register and PRE-PAY. For a Tuesday meal you must sign-up and pay by the Friday before and for Thursday meals by the Tuesday before. In the event you cannot come on the date you signed up, you **MUST cancel by 10:00am of that day** and we will move your reservation to a different date. **If you do not cancel before 10:00am the meal will be prepared, therefore no changes.** Please sign-up & pay with Linda (or staff if Linda is unavailable). Again, payment **REQUIRED** upon signing up. Menu available at the Senior Center.

Planning Ahead

AARP Safe Driving Class

Wednesday, March 5th 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 Tuesday, March 4th 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.

Bus Trip – Lunch at Windham Tech's Uncommon Kitchen

Wednesday, March 12th we will be having lunch at Windham Tech's Uncommon Kitchen featuring the food prepared by the culinary students. Exact menu not yet available, but will include warm rolls and butter, appetizer or soup and your choice of entrée, and dessert. The cost is \$17 which includes transportation, but not tip. Deadline to register is Wednesday, March 5th, no refunds after this date. Bus will leave at 10:15am and return by 1:00pm.

ST. Patty's Day Concert & Lunch

Wednesday, March 19th join us as we present the Sunshine Singers for a St. Patrick's Day Concert followed by a grab n go lunch provided by Marlborough Health & Rehabilitation Center. **The concert begins at 11:00am, lunch is at noon**. The lunches will be your choice of a hearty corned beef or tuna sandwich on a hard roll, chips, water, and a cookie. If you've had them before you know they are the best sandwiches. The lunches will be available to "grab" and take home with you or you can stay, eat and socialize. Pre-registration for lunch is absolutely required with a deadline to register by Monday, March 17th at 10:00am. There is no cost for the concert or the lunch. To register, please call 860-228-1700. We do ask if you sign-up, please come and if you can't, then call and cancel, so we have a solid head count and avoid waste. Thank you.

Planning Ahead

2 Hour Guided Sound Meditation with Singing Bowls and Chair Yoga

March 7th 10:30am—12:30pm—\$25 per person, Chair yoga is a gentle form of yoga that uses a chair for balance or as a prop for poses/asanas. It's based on traditional yoga, which has poses/asanas that date back thousands of years, and incorporates the same core principles, such as breathing, mindfulness, and staying present. Chair yoga can be practiced while seated or standing, and can be done almost anywhere with a chair. Guided sound Meditation with Singing Bowls - Experiencing sound healing instruments like crystal bowls allows the ability of vibrational frequencies to move through skin, fluid and bones of your body. This unique therapy can create a full body relaxation, rejuvenation down to the cellular structure. Feel free to dress comfortably and bring a yoga mat, towel, pillow and blanket if you'd like. Some yoga mats will also be available for use. Chairs will be available if you prefer to sit. About your teacher Sara M Billings - She is a 500hr Embodiyoga yoga teacher and registered teacher trainer with Yoga Alliance from West Hartford. Self-Discover and Self-Care is so important and valuable for your body, mind and soul. Discover your journey of Embodiyoga through listening to how your body moves from your breath and discover relaxation, revitalization and rejuvenation. Sara brings together the physicality, spirituality in a holistic practice. Need 8 people to run the class, so please sign-up early so we don't have to cancel, registration deadline March 5th.

RHAM Bingo—Last one for this academic year

Please join us on the **TUESDAY, March 18th from 2:30pm-4:00pm** for **FREE** Bingo with prizes (4 card limit). Bingo is called by RHAM National Honor Society members. Come, have fun, interact with the kids, and maybe win a prize. In the event of school closing early on any of those dates due to weather, bingo would be cancelled.

Painting with Audrey Carroll

Join Audrey on **Friday March 21st & March 28th from 10:30am-12:30pm** for a painting theme of "Don't be afraid of the Dark". Emphasizing how those final darks can take a painting to a higher level by making it more magnetic, more entertaining, more engaging. Along the way we will build upon loose backgrounds and a bit of texture. All levels and watercolor. Sample will be put in the March newsletter. Cost is \$40 for both sessions or \$25 for one. Please pre-register and don't just show up, so Audrey can properly plan. Registration deadline Wednesday, March 19th, 860-228-1700.

What's Happening In the Community

Veterans Coffee Hour—Wednesday, January 29th & Wednesday, March 26th—join Sherry Voight of Hartford Healthcare at the EAST HAMPTON SENIOR CENTER 105 Main St, East Hampton, (860) 267-4426 from **9:30-10:30am** for coffee and conversation, get your questions on veteran services answered and learn about the services and more available to you as a US Veteran.

Exploring Hebron's Past - Myths, Legends and Questions

The Hebron Historical Society will explore the land that would become Hebron from time of the last glaciers to just before the American Revolution and how inhabitants used technology of the day to shape the land to meet their needs.

One of the few towns in Connecticut having a documented history of continuous occupation beginning about 9000 years ago. Hebron served as a seasonal encampment site for indigenous people who's culture was modified by technology as the spear is evolved into the bow and arrow.

English settlement brought agricultural development. Establishing the roads, fields and stone walls seen today. During this period many migrated to northern New England and New York as large tracts of land became available

Over the years, myths and legends have crept along with facts into the narration Hebron's past, sparking questions and speculation.

Some can be answered with straightforward facts such as which Indigenous groups had encampments, who were the first settlers and how did this town with nine families, when Incorporated in 1708, become a town of 2283 English- Americans and 52 African-Americans on the verge of the American revolution?

Populations were altered through technology, trade, disease, war and migration. Using both primary and secondary sources, we will explore what is currently known about Hebron's past and questions remaining to be answered.

Join us at the Douglas Library, 22 Main St., February 8, 2025 at 1PM. Program is cosponsored by The Douglas Library of Hebron.

Bereavement Support Group

The loss of a loved one can be especially difficult during the holidays. Many individuals have benefited from some guidance through the process of grief. Bereavement Support Group meetings provide a safe place to share stories of our loved ones as well as learn about the process of grief with others. The Grief Journey: Bereavement Support Group will begin again on Wednesdays, from 7-8:30 p.m., beginning Nov. 6 in the Parish House next door to the Church of the Holy Family, 185 Church St. The group is facilitated by grief educators Michael Glazier and Stephanie Haines. All grieving adults are welcome, whether your loss is recent or long-past, and you may come to one session or as many as you would like. This support group is non-denominational and brought to you by a collaborative effort of the Hebron faith communities. Pre-registration is requested to ensure that we will have sufficient space available. Email your response, including contact information, to Michael.glazier1121@gmail.com. If email is not possible, text Michael at 860-5584183 with your contact information.

Connecticut Energy Assistance Program (CEAP)

- What is Connecticut Energy Assistance Program (CEAP)?

The Connecticut Energy Assistance Program helps income-qualifying households with their home energy bills. The Connecticut CEAP program is **available from November 1st through April 30th** each year and may be able to offer you assistance with weatherization and energy-related home repairs.

- Who is eligible for Connecticut Energy Assistance Program (CEAP)?

To be eligible for this benefit program, you must be a resident of Connecticut

A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, automatically meets the eligibility requirement.

In order to qualify, you must also have a gross annual household income that is below 60 percent of the State Median Income:

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

Award amounts toward your 2024-2025 winter heating costs are determined on a sliding scale.

You may also qualify for:

Eversource's Connecticut Electric Discount Rate

A bill discount is available for residential electric customers

There are two tiers of discount (10% or 50%) depending on your annual household income or receipt of a public assistance benefit. For customers who do not heat with electricity, the discount will be applied to the first 800 kWh each month. For customers who do heat with electricity, the discount will be applied to the first 1,200 kWh each month

Do I Qualify?

Eligible income for 10% Discount Rate

You may be eligible for the 10% discount on your monthly electric bill

To qualify, your household annual income for all adults over 18 must be at or below 60% of the state median income, or you can show receipt of a public assistance benefit for at least one household member – Medicare Savings Program (Specified Low Income Medicare Beneficiary or Additional Low Income Medicare Beneficiary, CT Energy Assistance Program Level 3, HUSKY B or CHIP (Children's Health Insurance Program). If you participate in Section 8 Housing, Rental Assistance Program (RAP), or the CT Energy Assistance Program Level 2, additional proof of income is needed to substantiate eligibility

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

Eligible income for the 50% Discount Rate

You may be eligible for the 50% discount on your monthly electric bill.

To qualify, your household annual income for all adults over 18 must be at or below 160% of the federal poverty guidelines, or you can show receipt of a public assistance benefit for at least one household member – Supplemental Nutrition Assistance Program (SNAP)/CT Free or Reduced Lunch, Temporary Assistance to Needy Families (TANF or TFA), State Administered General Assistance (SAGA), State Cash Assistance/State Supplement, Woman/Infant/Children (WIC), Supplemental Security Income, Medicaid or HUSKY A, C, or D, Medicare Savings Program (Qualified Medicare Beneficiary Program), Refugee Cash or Medicals Assistance, Head Start, CT Energy Assistance Program Level 1

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$24,096	\$32,704	\$41,312	\$49,920	\$58,528	\$67,136

Additionally, if you heat with electricity, you may qualify for

Eversource's Connecticut Matching Payment Program

The Matching Payment Program provides bill payment assistance for qualified Connecticut customers with electric heating service.

How it Works

To participate, you must be approved for and receive energy assistance from the CT Energy Assistance Program

For every dollar you pay toward your bill, Eversource will credit a dollar to your past-due amount down to a zero balance. So, you pay a portion, CEAP pays a portion, and Eversource pays a portion.

Eligibility requirements

- You must be a current Eversource residential customer and heat your home with electricity
- Your household income must be at or below 60 percent of the state median income

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

- You must have CEAP energy assistance funds applied directly to your Eversource account
- You must continue to pay your payment arrangement amount on time each month

If you do not heat with electricity, but have a back balance with Eversource, you may qualify for

Eversource's New Start Program

The New Start program can help eliminate your outstanding balance in as little as 12 months if you make on-time monthly payments.

How it Works

- Eversource will review your account billing history and set a monthly payment plan based on the average of your regular monthly bill.
- When you make your New Start monthly payment, a portion of your total balance at the time of enrollment will be eliminated, or "forgiven," reducing the amount you owe. The amount forgiven each month is calculated by taking your total enrolled balance and dividing it by 12.
- As long as you continue to make your New Start payment, your service will not be shut-off for non-payment.

For example, if your budget payment amount is set at \$150 per month and your past due balance is \$1,200, for every month you make your required \$150 budget payment towards your current bill, we will reduce your past-due balance by \$100.

To be eligible:

- You must be a current Eversource residential electric customer with a past due balance of \$100 or more that is 60 or more days past due; and
- Your income must fall at or below 60 percent of state median income;

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

or

- You have a medical certification for a household member; or
- You have applied for, and are eligible to receive CEAP funds, or are able to provide other proof of income

CT Energy Assistance Applications
Please call us 860-228-1700 to make an appointment—no walk-ins

Hebron Caregiver Support Group at the Russell Mercier Senior Center

The role of a caregiver can be very challenging. A caregiver can be a spouse, adult child, parent, other family members or friends. The responsibilities of caring for someone can vary significantly depending on many factors including the individual needs of the person being cared for. Family caregivers often make many sacrifices for their loved ones and sometimes neglect their own needs. Often family caregivers have no preparation for the role of caregiving and provide care with little to no support. In some cases, family members are providing care while experiencing poor health conditions themselves. Caregivers are at a higher risk for developing their own health and emotional problems. It is very important for caregivers to find time to take care of their own health and emotional needs even while they are caring for someone else.

Attending a caregiver support group can make a difference in helping caregivers to meet their own emotional needs. Some of the benefits of attending a caregiver support group include the following:

- Sharing thoughts and experiences without judgement and feeling heard and validated
- Learning ways to improve your coping skills
- Receiving practical advice
- Obtaining additional resources and useful information
- Giving and receiving emotional support
- Reducing social isolation
- Having a positive outlet to express your fears and frustrations
- Improving your quality of life
- Receiving help to regain an improved sense of control
- Gaining perspective

The Russell Mercier Senior Center, "Me Too" Caregiver Support Group, can help address your need for improved support and self-care while caring for your loved one. The support group meets at the Russell Mercier Senior Center on the third Friday of each month from 11am to 12pm. Registration is recommended. To register, please call Dennis: 860-228-1700 ext. 204 to register.

Dennis Farrar, MSW
Adult and Senior Center Social Worker



CAREGIVER SUPPORT GROUP

At the Hebron Senior Center

12 Stonecroft Dr. Hebron 06248

Led by Dennis Farrar, Adult & Senior Services Social Worker

THE CAREGIVER SUPPORT GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES, AND REWARDS OF PROVIDING CARE FOR A LOVED ONE AND LEARNING ABOUT RESOURCES AND IDEAS TO ASSIST YOU IN THROUGH THE PROCESS

The Support Group will meet the

3rd Friday of the month - February 21st

From 11:00am—Noon

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

TOWN OF HEBRON

TAX RELIEF PROGRAMS

The Hebron Assessor's office manages Homeowners tax relief programs for homeowners and veterans.

Program information is listed below.

Assessor's Office hours: M-W 8am-4pm Thurs 8am-6pm F 8-1

Phone 860-228-5971 email: assessor@hebronct.com

Elderly/Disabled Homeowner's Tax Relief **Apply: February 3, 2025- May 15, 2025**

The State of Connecticut offers Tax Relief to Homeowners who meet the following qualifications:

- Has reached the age of 65 By December 31, 2024, or are Federal Social Security Disabled,
- Owns property as of October 1, 2024 OR is beneficiary of property held in trust for them at time of application
- Resides at the property for which they are applying for tax relief,
- Meets income qualifications as prescribed by the State of Connecticut

Proof of income must be presented at time of application. A federal tax return, if filed, must be presented accompanied by all proofs of income. Non-taxable income is also required to be submitted. If no tax return is filed, income information (taxable and non-taxable) must be presented. Social Security disabled applicants must provide proof of disability (BPQY/TPQY) dated within three years of application.

2024 INCOME (maximum income)
UNMARRIED \$45,200 MARRIED \$55,100

VETERANS INCOME-QUALIFYING ADDITIONAL EXEMPTIONS **Apply : February 3, 2025-October 1, 2025**

Veterans who meet income qualifications may be eligible to receive additional exemptions. There is no age requirement to apply for additional exemptions. The application period is February 1- October 1 for the next following grand list year.

(example: applicants who apply and qualify in 2025 will receive additional exemptions for the 2025 Grand List, billing July 1, 2026). A federal tax return, if filed, must be presented along with all income documents at time of application. If no tax return is filed, documents showing all income must be presented at the time of application.

2024 maximum Income Limits
UNMARRIED \$45,200 MARRIED \$55,100
2024 maximum Income limits for 100% disabled veterans*
***(adjusted gross income only)**
UNMARRIED \$18,000 MARRIED \$22,000

Balance Billing is Prohibited

Are you enrolled in the Qualified Medicare Beneficiary (QMB) program?

When you're enrolled in the Qualified Medicare Beneficiary (QMB) program, you receive the following benefits:

- Medicare Part B Premiums (\$185 for 2025) are not being deducted from your monthly Social Security check
- The copay for your prescriptions that covered under your insurance plan are limited to no more than \$4.90 for a 30 day supply of generics or \$12.15 for a 30 day supply of brand name drugs
- Coverage for your Medicare deductibles, coinsurances, and copayments
- You will be sent a gray plastic ConneCT card from the State of CT

It is very important that when you receive medical services or supplies, along with your other health insurance cards, you also present the gray plastic ConneCT card to the provider or supplier.

Federal law prohibits medical providers and suppliers from billing you for any deductibles, coinsurances, copayments, or balances that may remain for Medicare-covered services if you are enrolled in the Qualified Medicare Beneficiary (QMB) program. This is called balance billing and applies both if you are enrolled in Original Medicare (Parts A & B [red, white, & blue card], or Medicare Advantage (Part C) plan

Please remember that Original Medicare does not cover the following services, therefore you may incur charges for these services even if they are services covered by your Medicare Advantage plan

- Routine or annual physical exams
- Routine foot care or supportive foot devices
- Cosmetic surgery
- Massage therapy
- Eye exams for prescribing, fitting, or changing eyeglasses
- Eye refractions
- Eye glasses or contact lenses
- Hearing aids, hearing exams, or hearing aid fitting
- Dental services for the care, treatment, filling, removal, or replacement of teeth or structures directly supporting the teeth

If you receive a bill for Medicare-covered medical services or supplies and are enrolled in the Qualified Medicare Beneficiary (QMB) program, please feel free to contact the Senior Center at 860-228-1700 for guidance.

Health Savings Accounts (HSAs), Employment, and Medicare

Health Savings Accounts (HSAs) are accounts for individuals with high-deductible health plans (HDHPs). Funds contributed to an HSA are not taxed when put into the HSA or when taken out, as long as they are used to pay for qualified medical expenses. Your employer may oversee your HSA, or you may have an individual HSA that is overseen by a bank, credit union, or insurance company. If you have an HSA and will soon be eligible for Medicare, it is important to understand how enrolling in Medicare will affect your HSA.

High-deductible health plans

In order to qualify to put money into an HSA, you must be enrolled in a high-deductible health plan. HDHPs have large deductibles that members must meet before receiving coverage. This means HDHP members pay in full for most health care services until they reach their deductible for the year. Afterwards, the HDHP covers all the member's costs for the remainder of the year.

Enrolling in Medicare when you have an HSA

If you enroll in Medicare Part A and/or B, you can no longer contribute pre-tax dollars to your HSA. This is because to contribute pre-tax dollars to an HSA you cannot have any health insurance other than an HDHP. The month your Medicare begins, your account overseer should change your contribution to your HSA to zero dollars per month. However, you may continue to withdraw money from your HSA after you enroll in Medicare to help pay for medical expenses, such as deductibles, premiums, copayments, and coinsurances. If you use the account for qualified medical expenses, its funds will continue to be tax-free.

Whether you should delay enrollment in Medicare so you can continue contributing to your HSA depends on your circumstances. If you work for an employer with fewer than 20 employees, you may need Medicare in order to have primary insurance, even though you will lose the tax advantages of your HSA. This is because health coverage from employers with fewer than 20 employees pays secondary to Medicare. If you work at this kind of employer and fail to enroll in Medicare, you may have little or no health coverage because your health plan does not have to pay until after Medicare pays. Health coverage from an employer with 20 or more employees pays primary to Medicare, so you may choose to delay Medicare enrollment if you work at this kind of employer and continue putting funds into your HSA.

Note: In either case, you have access to the Part B Special Enrollment Period (SEP) when you lose coverage or retire.

If you choose to delay Medicare enrollment because you are still working and want to continue contributing to your HSA, you must also wait to collect Social Security retirement benefits. This is because most individuals who are collecting Social Security benefits when they become eligible for Medicare are automatically enrolled into Medicare Part A. You cannot decline Part A while collecting Social Security benefits. The takeaway here is that you should delay Social Security benefits and decline Part A if you wish to continue contributing funds to your HSA.

Finally, if you decide to delay enrolling in Medicare, make sure to stop contributing to your HSA at least six months before you do plan to enroll in Medicare. This is because when you enroll in Medicare Part A, you receive up to six months of retroactive coverage, not going back farther than your initial month of eligibility. If you do not stop HSA contributions at least six months before Medicare enrollment, you may incur a tax penalty.

Hebron Senior Center Happenings.....February 2025

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
January 27 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—Fisherman’s Friends	28 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	January 29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	30 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	January 31 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Big Y
February 3 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 11:25-Noon—Meditation 12:30 Movie—Fly Me to the Moon	4 9:00-1:00 AARP Taxes 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10-Noon—Resilient Living 12:00—Lunch 1:00–2:15 Card Making 12:45-3:15 Hand & Foot Canasta	February 5 8:30 Comm. On Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last class of this session	6 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:10–11:45—Sunshine Singers 12:00—Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	February 7 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Stop & Shop
10 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 11:25-Noon—Meditation 12:30 Movie—Conclave	11 9:00-1:00 Taxes 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta 2:30-4—RHAM BINGO	12 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	13 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	14 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/ Aldis
17 CLOSED FOR PRESIDENT’S DAY	18 9:00-1:00 Taxes 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living 10:30-11:45 Ted Talk 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	19 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA Bus Trip 10:15-1 :00 Windham Tech Lunch	20 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:30-12:30 BP Screenings 12:00 Lunch 12:15—Chatham Health 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	21 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Big Y 11:00-Noon Caregiver Support Group
24 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	25 9:00-1:00 Taxes 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10-Noon—Resilient Living 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	26 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	27 9:00–3:00 Exer. Rm 10-Noon—Resilient Living 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	28 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Stop & Shop

Sudoku

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

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

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

Dessert Recipes

Potato Chip Clusters

Ingredients

- 9 ounces white baking chocolate, chopped
- 2 cups coarsely crushed ridged potato chips
- 1/2 cup chopped pecans

Directions

- In a large microwave-safe bowl, melt white chocolate. Stir in potato chips and pecans. Drop by tablespoonfuls onto waxed paper-lined baking sheets. Refrigerate until set.



Ultimate Candy Bar Cookies

Ingredients

- 7 Butterfinger candy bars (2.1 ounces each), coarsely chopped
- 1 cup butter, softened
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 27 Reese's mini peanut butter cups
- 27 miniature Snickers candy bars

Directions

- Preheat oven to 375°. Place Butterfinger candy bars in a food processor; process until ground. In a large bowl, cream butter and 2 cups ground candy bars until blended. Beat in eggs. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture.
- Shape into 1-in. balls; roll in remaining ground candy bars. Place 2 in. apart on parchment-lined baking sheets. Bake 8-10 minutes or until tops are cracked.
- Immediately press a piece of candy into the center of each cookie. Cool on pans 2 minutes. Remove to wire racks to cool.



Superbowl Party Recipes

Jalapeno Popper Spread

Ingredients

- 2 packages (8 ounces each) cream cheese, softened
- 1 cup mayonnaise
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup canned chopped green chiles
- 1/4 cup canned diced jalapeno peppers
- 1 cup shredded Parmesan cheese
- 1/2 cup panko bread crumbs
- Sweet red and yellow pepper pieces and corn chips

Directions

In a large bowl, beat the first 5 ingredients until blended; spread into an ungreased 9-in. pie plate. Sprinkle with Parmesan cheese; top with bread crumbs. Bake at 400° until lightly browned, 25-30 minutes. Serve with peppers and chips.



Stuffed Pizza Bites

Ingredients

- 1 can (15 ounces) tomato sauce
- 1 can (6 ounces) tomato paste
- 1 teaspoon dried basil
- 1/2 teaspoon garlic salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sugar
- 1 tube (11 ounces) refrigerated thin pizza crust
- 1-1/2 cups shredded part-skim mozzarella cheese

OPTIONAL TOPPINGS:

Pepperoni, olives, sausage, onion, green pepper, Canadian bacon, pineapple, tomatoes, fresh basil and crushed red pepper flakes

Directions

- Preheat oven to 425°. In a small bowl, mix first 6 ingredients.
- Unroll pizza dough; cut into 16 squares. Press squares onto bottoms and up sides of 16 ungreased muffin cups, allowing corners to hang over edges.
- Spoon 1 tablespoon sauce mixture into each cup. Top with cheese; add optional toppings as desired. Bake for 10-12 minutes or until crust is golden brown. Serve pizzas with remaining sauce mixture.



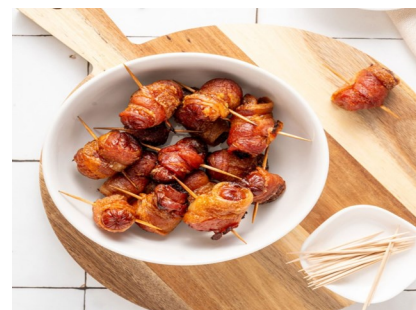
Bacon-Wrapped Smokies

Ingredients

- 1 pound sliced bacon
- 1 package (16 ounces) miniature smoked sausage links
- 1/3 cup packed brown sugar

Directions

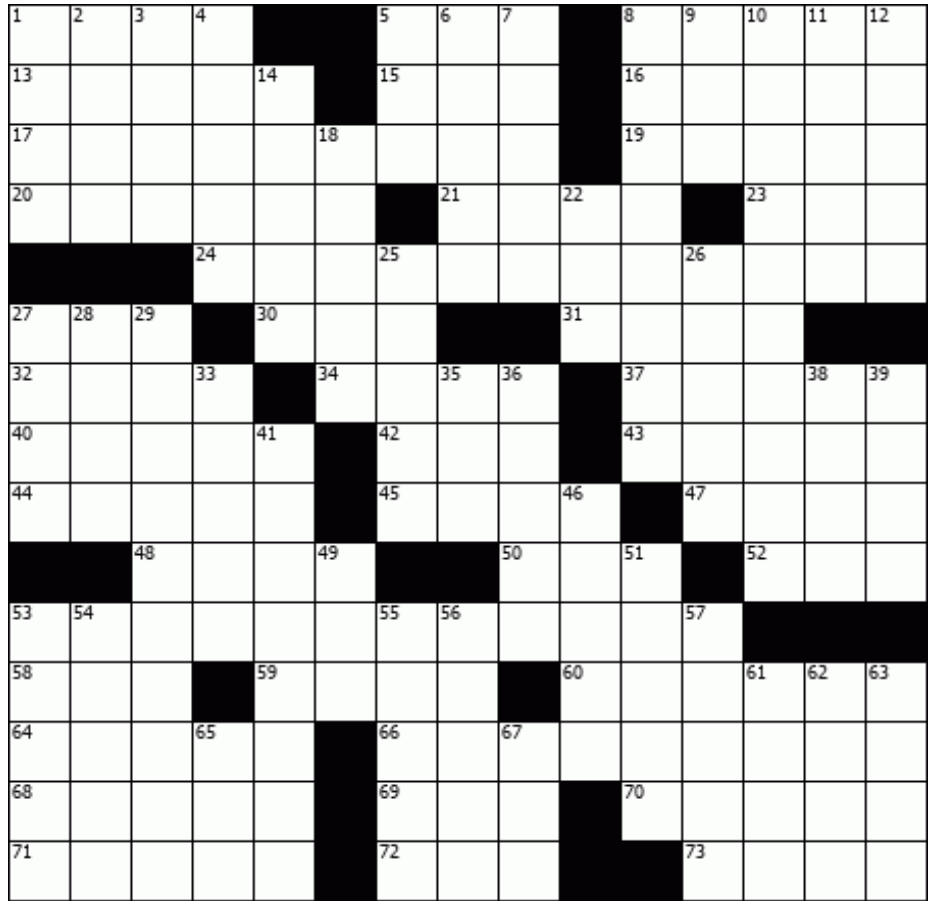
- Cut each bacon strip in half widthwise. Wrap one piece of bacon around each sausage.
- Place in a foil-lined 15x10x1-in. baking pan. Sprinkle with brown sugar. Bake, uncovered, at 400° until bacon is crisp and sausage is heated through, 30-40 minutes.
- Recipe Variations
- Serve with sauces: Enjoy each lil smokie wrapped in bacon topped with various sauces! Try a dollop of mustard, barbecue sauce or spicy aioli.
- Add a spicy kick: Add a sprinkle of chili pepper or a dash of hot sauce to the brown sugar for a spicy twist.
- Make it a cheesy delight: Place a small piece of cheese between the sausage and bacon before wrapping for a gooey surprise.
- Brush with maple syrup: For an extra layer of flavor, brush the bacon with a bit of maple syrup before wrapping it around the sausages.



Thank you to the following people for the various donations we received this past month; June Dittus, John Belanger, Brenda Sieklucki, Stella Stanescu

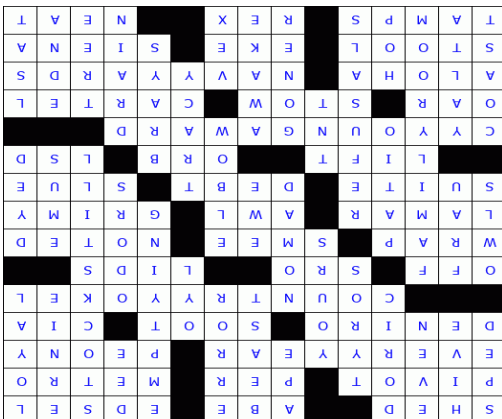
Across

- 1. Cast off
- 5. Bart's grampa
- 8. Automotive flop
- 13. Turning point?
- 15. Pricing word
- 16. Part of MGM
- 17. Annually
- 19. Pearl Buck title
- 20. "Raging Bull" star
- 21. Combustion byproduct
- 23. FBI ally
- 24. One from the sticks
- 27. Wide of the mark
- 30. Sign of Broadway success
- 31. Restraints, as on spending
- 32. Tortilla, e.g.
- 34. Hook's underling
- 37. Eminent
- 40. Odom of the L.A. Clippers
- 42. Shop punch
- 43. Dingy and grubby
- 44. Series of connected rooms
- 45. Credit card worry
- 47. Turn around
- 48. Elevate
- 50. Sun or moon
- 52. Timothy Leary stash
- 53. Diamond distinction?
- 58. Paddle kin
- 59. Stevedores do it
- 60. Price fixers
- 64. Honolulu "toodle-oo"
- 66. Where some ships are built
- 68. Counter complement
- 69. Make do (with "out")
- 70. Tuscany town
- 71. Packs down firmly
- 72. Much-studied T.
- 73. With no ice



DOWN

- 1. Asked for a citation?
- 2. Queen's domain
- 3. Uniform
- 4. Column style
- 5. Pet for King Solomon
- 6. Beauty seeker
- 7. It needs correction
- 8. Vacating
- 9. "Gidget" actress Sandra
- 10. Completely motionless
- 11. Bert's pal
- 12. True-blue
- 14. Beginners
- 18. Correspondent's closing
- 22. Olive that goes with a little salt?
- 25. Person always on the go
- 26. Signs of being in the dumps?
- 27. Ululating birds
- 28. Munich Mrs.
- 29. Monopoly place, perhaps
- 33. Spot for a grilling
- 35. It sounds just like you
- 36. Macaroni variety
- 38. Layers of green eggs
- 39. Like Easter eggs
- 41. Turndowns
- 46. 1990 Beatty role
- 49. Big bang producer
- 51. Shouts to Eeyore
- 53. Glide
- 54. Historic conference site
- 55. Irretrievable thing
- 56. Battling insomnia
- 57. Exhaust
- 61. Genealogy symbol
- 62. Tony-winning dame
- 63. Step toward a JD
- 65. Car or bell follower
- 67. Annoy



Winter

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

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L S O S E K A L F W O N S E L C I C I N
L E Y C E K R A I M N D D R A Z Z I L B
A S C A W V K A I O E C I K C A L B R D
B W A R D R O T E S N O W S H O V E L C
W E R F A I T L C W A F I R E P L A C E
O A N P I E L I G E R N H E A D B A N D
N T I S N C P O L S Y E S E T A K S S W
S S V S N M E T H K E A D N D F R N E M
T H A M Y O S F S C K T N N O L O H A R
Y I L L R A W E I O C W O E U W O G S W
E R O S C O R S W S O I I B B G M C O I
S T E W A I T S H L H V T O O S N A N N
N K O P T M O S P O G I A S T G O O N D
D N I W P L T W T O E R N C O E G U L C
S E O I S I O S N W D S R G A R E A P H
E N L T N N L G I F R E E Z E T F L N I
S R I S S G G S M R O N B O O D I K S L
T C F I R E W O O D H A I L S T O O B L
E H S S T N A P I K S C H P A C T I N K
    
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BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS