

2025

Hebron

Senior Center Newsletter

March

**RUSSELL MERCIER SENIOR CENTER**

12 Stonecroft Drive, Hebron, CT 06248

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

|                               |       |                                                     |                                            |
|-------------------------------|-------|-----------------------------------------------------|--------------------------------------------|
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| <b>Dennis Farrar</b>          | x 204 | Adult & Senior Services Social Worker               | dfarrar@hebronct.com                       |
| <b>Tammy Scherp</b>           | x 201 | Transportation Coordinator                          | <b>Transportation phone # 860-228-5977</b> |
| <b>Linda Zaccaro</b>          | x 200 | Receptionist                                        |                                            |

**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.

**Taste Testers Wanted**

**Friendly Spirit Farm** is a family owned business and farm stand located right in Hebron at 243 Church Street. We make it our mission to provide the freshest organic vegetables and plants to our community, and this year we have decided to add baked goods to our stand. We look forward to hosting a taste testing event at the Senior Center on **March 10th at 11:30am**. Please join us to try an assortment of our freshly baked sourdough bread options that will be available for purchase soon! Registration encouraged so we have a head count, but not required.

**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. Deadline to register is Wednesday, March 5th, no refunds after this date. Bus will leave at 10:15am and return approximately 12:45pm.

**RHAM Bingo—Last Bingo for this academic year**

Please join us on the **Tuesday, March 18th from 2:30-4:00pm** 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.

**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.

**2 Hour Guided Sound Meditation with Singing Bowls and Chair Yoga**

**March 7th 10:30am—12:30pm—\$25 per person,** Chair yoga and guided sound mediation 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. Need 8 people to run the class, so please sign-up early, registration deadline March 5th. **FULL DECSRIPTION ON PAGE 4**

**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 level abilities. Sample will be available to view at the senior center. 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.

## 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, March 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

**March 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** —March 7th Walmart/Aldis, March 14th Big Y, March 21st Stop & Shop, March 28th Walmart/Aldis 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 March dates are the 3rd & 24th**. 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 March 10th –April 2nd (NO CLASS Monday, March 17th or Wednesday, March 19th) 6 sessions, \$18** Drop-in fee is \$5 per class. instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. To register, call 860-228-1700.

## **Massage Therapy**

**Every Monday & Thursday—**massage therapist, **Beverly Williams** offering 25 minute 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 new session will be March 6th through March 27th (4 sessions) \$12. 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, **March 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 next presentation will be **March 20th**. Please call, 860-228-1700 to register.

### **Time change for this month—Monthly Blood Pressure Screenings**

Every 3rd Thursday of the month **March 20th** from (note time change for this month) **12:15—1:00**, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required.

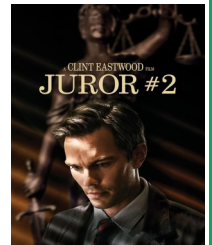
### **AARP Income Tax Preparation for the 2024 Year**

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 remaining dates; 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. **Monday, March 3 From HBO Max and Clint Eastwood—Juror #2** follows family man Justin Kemp (Nicholas Hoult) who, while serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma... one he could use to sway the jury verdict and potentially convict--or free--the accused killer.

A St. Patrick's Day Movie, **March 17th Wild Mountain Thyme**. In this romantic comedy, Rosemary, played by Emily Blunt, pines for Jamie Dornan's Anthony, a farmer tending his family's land in the Irish countryside. Also starring Jon Hamm.



**SPECIAL PRESENTATION, MONDAY, MARCH 24TH WICKED.** Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. Please note, the movie runs for 2hrs 40min.

### **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. 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. 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. Sara M Billings is a 500hr Embodiyoga yoga teacher and registered teacher trainer with Yoga Alliance from West Hartford. 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.

**\*\*\*\*\*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.

**Planning Ahead**

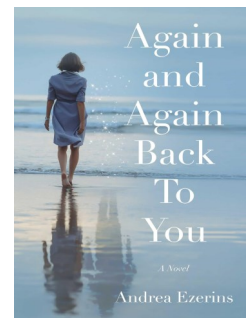
**Author Talk—AGAIN AND AGAIN BACK TO YOU by Andrea Ezerins**

Please join author Andrea Ezerins as she discusses her book, Again and Again Back to You.

**Tuesday, April 29th from 11:00am-Noon.**

If you had the chance to revisit your past to change your present, what moment would you choose?

That's the question debut author Andrea Ezerins poses in a vivid story about the proximity of the past, present, and future within the context of a life-defining young love. The book focuses on three characters' extraordinary shared journeys as they discover the ability and wonders of channeling into their pasts—and come to understand that sometimes one must lose something important to truly embrace who they are meant to be. The book is available at the Douglas Library. To register, please call 860-228-1700.



**What's Happening In the Community**

**Veterans Coffee Hour—Wednesday, March 26th**—join Sherry Voight of Hartford Healthcare at the EAST HAMP-TON 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.

**Quilts Sought for Show**

Hebron Historical Society is planning its annual Quilt Show, to take place during the Hebron Maple Festival on **March 15 and 16** – and quilts are sought for display. Quilts, as well as other quilted items, can be brought to Old Town Hall, 26 Main St., on Thursday, March 13, from 3-6 p.m. There is a \$5 registration fee. Contact Mary-Ellen Gonci [mergonci65@comcast.net](mailto:mergonci65@comcast.net) for more information.

**Crafters Sought for Fair at Gilead Congregational Church, UCC** (672 Gilead St.) will host a Craft Fair during Hebron's Maple Festival – and crafters are sought. **The fair will run Saturday, March 15, from 10 a.m.-4 p.m.** If you're a crafter of goods like hats, scarves, jewelry, home decorations, greeting cards, trinkets, wood carvings, food items, soap, skin products, glassware, or are a photographer or another kind of artist, you are welcome to participate. To secure a vending space in Gilead's Fellowship Hall, contact the church office by phone at 860-228-3077 or via email at [GCC@GileadChurch.net](mailto:GCC@GileadChurch.net) as soon as possible.

**St. Peter's Church Monthly Dinners / Activities**

- 30 Church St. (Rte. 85) - 4:00-6:00pm
- Dinners/Drive Thru (while supplies last)
- Cost \$17—Dinner proceeds donated to various groups
- March 22** Polish Dinner (AHM) - Maple Fest
- April 3** Seder meal (Thursday Eve.)
- April 19** Italian Lasagna Dinner (No Freeze)
- May 3** Plant Sale (HIHS)
- May 17** Baked Stuffed Chicken Breast (Town Ctr Project)
- June 6 & 7** Tag Sale \*\*\* (CODE)
- June 21** Hebron Day . **June 22** Juneteenth, Church & hall
- July 19** Chicken BBQ (Marlborough Food Bank) –
- August 16** Pulled Pork (Andover Food Bank)
- September 20** Turkey Dinner (Tara Farm Rescue in Coventry)
- October 3 & 4** Pumpkin Festival \*\*\* (Hebron Historical Society)
- October 18** Harvest Moon
- November 15** Pork Tenderloin Dinner (WAIM)
- December 6** St. Nicholas Fair \*\*\* (Oak Hill/Hemlock)

\*\*Denotes luncheon with menu items consisting of chicken salad, tuna salad, and egg salad sandwiches, hot dogs, and chowders

**Bereavement Support Group**

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](mailto:Michael.glazier1121@gmail.com). If email is not possible, text Michael at 860-558-4183 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 - March 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**

The  
Town  
Center  
Project



Hebron



# MAPLE FEST

2025

MARCH 15<sup>th</sup> & 16<sup>th</sup>

10AM - 4PM



- SUGAR HOUSE TOURS ✨
- HEBRON'S OWN EXPO ✨
- TRACTOR PARADE ✨
- CHAINSAW CARVING ✨
- LIVE MUSIC ✨
- AXE THROWING ✨
- BIRDS OF PREY ✨
- DONKEY SNUGGLES ✨
- MAPLE TREATS & MORE! ✨
- MAPLE by MOONLIGHT GALA ✨

Friday 14th, to Kick-off the Festivities!



SCAN ME

## DOWNTOWN HEBRON, CT

Parking/Shuttle at Veterans Park, Wall St.

# Hebron Senior Center Happenings.....March 2025

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

**Transportation call 860-228-5977**

| Mon                                                                                                                                                                                                                     | Tue                                                                                                                                                                                                                    | Wed                                                                                                                                                                                                           | Thu                                                                                                                                                                                                                                | Fri                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>March 3</b><br>9:00–3:00 Exer. Rm<br>9:00–3:00 Massage<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15 YOGA<br><b>11:25-Noon—Meditation</b><br><b>12:30 Movie—Juror #2</b>                              | <b>4</b><br><b>9:00-1:00 AARP Taxes</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting/Crocheting/Needlework<br><br>12:00—Lunch<br>1:00–2:15 Card Making<br>12:45-3:15 Hand & Foot Canasta                              | <b>March 5</b><br><b>8:30 Comm. On Aging</b><br><b>9:00-1:00—AARP Driving Class</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>10:15-11:15 YOGA—Last class of this session</b> | <b>6</b><br>9:00–3:00 Exer. Rm<br>10:15-11:15 TAI CHI<br>10:10–11:45—Sunshine Singers<br>12:00—Lunch<br>12:30-6:30 Massage<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg                                                              | <b>March 7</b><br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>9:00 Shopping—Walmart/Aldis</b><br><b>10:30-12:30 Yoga &amp; Singing Bowls</b><br><br><i>Daylight Savings This weekend—turn clocks AHEAD</i> |
| <b>10</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>9:00-3:00—Massage<br><b>10:15-11:15 YOGA-New session</b><br><b>11:30—Taste Testing of Friendly Spirit Farms Sour-dough Baked Goods</b> | <b>11</b><br><b>9:00-1:00 Taxes</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting<br>11:00 Food Truck<br>12:00—Lunch<br>1:00–2:15 Card Making<br>12:45–3:15 Hand & Foot Canasta                                        | <b>12</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15 YOGA<br><b>Bus Trip 10:15-1 :00 Windham Tech Lunch</b>                                                           | <b>13</b><br>9:00–3:00 Exer. Rm<br>10:15-11:15 TAI CHI<br>10:15 Sunshine Singers<br>12:00 Lunch<br>12:30-6:30 Massage<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg                                                                   | <b>14</b><br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>9:00 Shopping—Big Y</b><br><br><b>Maple Fest Saturday &amp; Sunday 15th &amp;16th 10am-4pm</b>                                                    |
| <b>17</b><br>9:00–3:00 Exer. Rm<br>9:00–3:00 Massage<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>NO YOGA</b><br><b>St. Patrick’s Day Movie</b><br><b>12:30 Movie Wild Mountain Thyme</b>                        | <b>18</b><br><b>9:00-1:00 Taxes</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting<br><b>10:30-11:45 Ted Talk</b><br>12:00—Lunch<br>1:00–2:15 Card Making<br>12:45–3:15 Hand & Foot Canasta<br><b>2:30-4—RHAM BINGO</b> | <b>19</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>NO YOGA</b><br><br><b>10:50–12:45 Sunshine Singers St. Patty’s Day Concert &amp; lunch—MUST PRE-REGISTER FOR LUNCH</b>    | <b>20</b><br>9:00–3:00 Exer. Rm<br>10:15-11:15 TAI CHI<br>10:15 Sunshine Singers<br>12:00 Lunch<br><b>12:15-1:00 BP Screenings</b><br><b>12:15—Chatham Health</b><br>12:30-6:30 Massage<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg | <b>21</b><br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>9:00 Shopping— Stop &amp; Shop</b><br><b>10:30-12:30—Painting w Audrey</b><br><b>11-Noon—Caregiver Support Group</b>                              |
| <b>24</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>9:00-3:00—Massage<br>10:15-11:15 YOGA<br><b>11:25-Noon—Meditation</b><br><b>12:30 Movie—Special Presentation WICKED</b>                | <b>25</b><br><b>9:00-1:00 Taxes</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting<br>11:00 Food Truck<br>12:00—Lunch<br>1:00–2:15 Card Making<br>12:45–3:15 Hand & Foot Canasta                                        | <b>26</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15 YOGA                                                                                                             | <b>27</b><br>9:00–3:00 Exer. Rm<br>10:15-11:15 TAI CHI<br>10:15 Sunshine Singers<br>12:00 Lunch<br>12:30-6:30 Massage<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg                                                                   | <b>28</b><br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>9:00 Shopping—Walmart/Aldis</b><br><br><b>10:30-12:30—Painting w Audrey</b>                                                                       |
| <b>31</b><br>9:00–3:00 Exer. Rm<br>9:00–3:00 Massage<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15 YOGA                                                                                                  | <b>April 1</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting<br>11:00 Food Truck<br>12:00—Lunch<br>1:00–2:15 Card Making<br>12:45–3:15 Hand & Foot Canasta                                                             | <b>April 2</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15 YOGA                                                                                                        | <b>April 3</b><br>9:00–3:00 Exer. Rm<br>10:15-11:15 TAI CHI<br>10:10–11:45—Sunshine Singers<br>12:00—Lunch<br>12:30-6:30 Massage<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg                                                        | <b>April 4</b><br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>9:00 Shopping—Big Y</b>                                                                                                                      |

# Sudoku

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

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

## Dessert Recipes

### Freezer Strawberry Shortbread Dessert

#### Ingredients

- 1-1/4 cups crushed pretzels
- 1/4 cup sugar
- 1/2 cup butter, melted

#### FILLING:

- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup thawed nonalcoholic strawberry daiquiri mix
- 1 package (8 ounces) cream cheese, softened

#### Directions

1. In a small bowl, combine the pretzels, sugar and butter. Press onto the bottom of a greased 11x7-in. dish. Refrigerate for 30 minutes.
2. For filling, in a large bowl, combine milk and daiquiri mix. Beat in cream cheese until smooth. Stir in strawberries; fold in whipped topping. Pour over crust (dish will be full). Freeze for 4 hours before serving.
3. For sauce, puree thawed undrained strawberries in a food processor or blender. Strain through a fine sieve. Drizzle over top.

#### FILLING

- 1 container (16 ounces) frozen sweetened sliced strawberries, thawed
- 1 carton (8 ounces) frozen whipped topping, thawed

#### SAUCE:

- 1 container (16 ounces) frozen sweetened sliced strawberries, thawed and undrained



### Mango Almond Icebox Cake

#### Ingredients

- 1 cup water
- 1/2 cup sugar
- 1/4 teaspoon almond extract
- 1 package (16 ounces) frozen mango chunks, thawed, divided
- 4 ounces cream cheese, softened
- 1/2 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- 2 cups heavy whipping cream
- 22 crisp ladyfinger cookies
- 1 package (5 ounces) miniature meringue cookies, coarsely crushed
- 1 cup sliced almonds

#### Directions

1. For syrup, place water in a microwave-safe bowl; microwave on high 30 seconds. Stir in sugar and almond extract until sugar is dissolved; cool completely.
2. Finely chop 1/4 cup mango chunks; place in a large bowl. Add cream cheese, confectioners' sugar and vanilla extract; beat until blended. In another bowl, beat cream until stiff peaks form; fold into mango mixture.
3. To assemble, line bottom of a 9-in. springform pan with 11 ladyfingers; slowly drizzle with half of the syrup. Layer with half each of the cream mixture, meringue cookies, remaining mango and almonds in the order listed. Repeat layers, starting with remaining ladyfingers. Refrigerate, covered, 8 hours or overnight. To serve, loosen side from pan with a knife; remove rim.



## Recipes

### Cucumber Salad with Sour Cream

#### Ingredients

- 1/2 cup sour cream
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled if desired, and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings

#### Directions

In a large bowl, whisk sour cream, vinegar, sugar and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon.



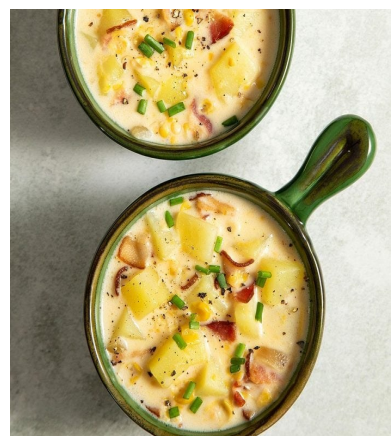
### Corn Chowder with Bacon

#### Ingredients

- 1/2 pound bacon strips, chopped
- 1/4 cup chopped onion
- 1-1/2 pounds Yukon Gold potatoes (about 5 medium), peeled and cubed
- 1 can (14-3/4 ounces) cream-style corn
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

1. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1-1/2 teaspoons in pan. Add onion to drippings; cook and stir over medium-high heat until tender.
2. Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water.
3. Add corn, milk, salt, pepper, potatoes and reserved potato water to saucepan; heat through. Stir in bacon and onion.



### Cabbage Rolls

#### Ingredients

- 1 medium head cabbage (3 pounds)
- 1/2 pound uncooked ground beef
- 1/2 pound uncooked ground pork
- 1 can (15 ounces) tomato sauce, divided
- 1 small onion, chopped
- 1/2 cup uncooked long grain rice
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon snipped fresh dill or dill weed
- 1/8 teaspoon cayenne pepper
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon sugar

#### Directions

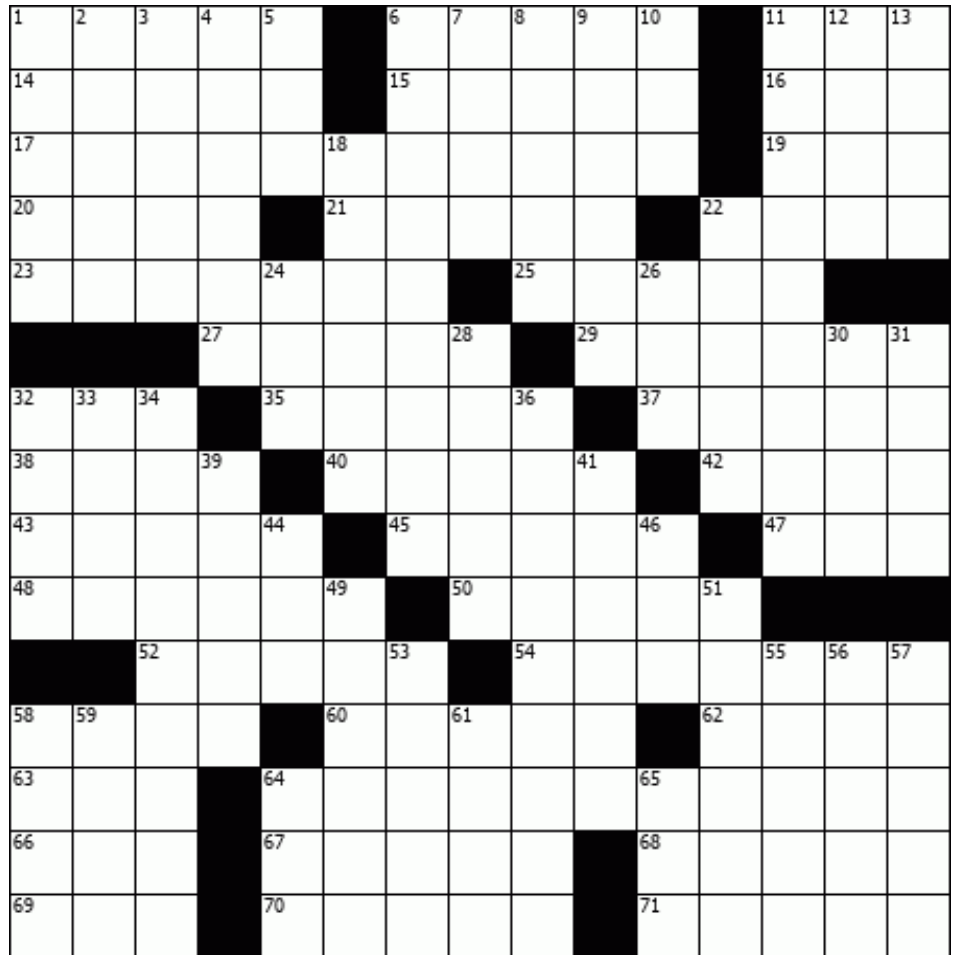
1. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.
2. Cut out the thick vein from the bottom of each leaf, making a V-shaped cut. Place about 1/4 cup meat mixture on a cabbage leaf; overlap cut ends of leaf. Fold in sides. Beginning from the cut end, roll up. Repeat.
3. Slice the remaining cabbage; place in a Dutch oven. Arrange the cabbage rolls seam side down over sliced cabbage. Combine the tomatoes, sugar and remaining tomato sauce; pour over the rolls. Cover and bake at 350° until cabbage rolls are tender, about 1-1/2 hours.



**Thank you to the following people for the various donations we received this past month; Ileana Savy, Steven Plesz, and Kay Ferris**

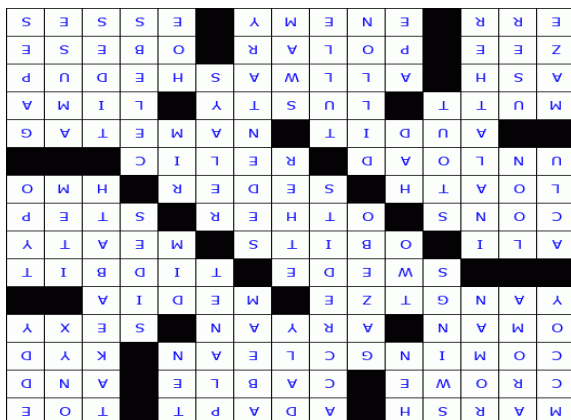
**Across**

- 1. Wetland
- 6. Change with the times
- 11. Tip of a wing tip
- 14. Best Actor for "Gladiator"
- 15. Couch potato's essential
- 16. Part of a long sentence
- 17. Fessing up
- 19. "The Spanish Tragedy" playwright
- 20. Country on the Arabian Sea
- 21. Of Nordic stock
- 22. Like Sadie of song
- 23. China's largest river
- 25. Radio, TV, etc.
- 27. Greta Garbo, for one
- 29. Morsel
- 32. Foreman foe
- 35. Endnotes?
- 37. Substantive
- 38. Bamboozles
- 40. None of the above
- 42. Dance movement
- 43. Reluctant
- 45. Commemorative meal
- 47. Med. provider
- 48. Pour out one's woes
- 50. Archaeologist's find
- 52. Book review?
- 54. Convention goer's ID
- 58. Kennel Club reject
- 60. Robust
- 62. Peruvian capital
- 63. Nuisance for Santa
- 64. Done for
- 66. Capital of Zimbabwe?
- 67. Diametrically opposed
- 68. Qualifying for sumo
- 69. Blunder
- 70. Pentagon worry
- 71. Steven Spielberg openings?



**DOWN**

- 1. Real man?
- 2. Olfactory lure
- 3. Cicero, e.g.
- 4. Batters' attempts
- 5. Cooped-up female?
- 6. Certifies, as colleges
- 7. Tyne of "Judging Amy"
- 8. Crossing the keel
- 9. Space occupier
- 10. "--- Little Indians"
- 11. Lose big time
- 12. Banded quartz
- 13. Current event?
- 18. Park pavilion
- 22. Boundaries
- 24. Tea quantity, so they sing
- 26. Turn down the lights
- 28. Old-time anesthetic
- 30. Romantic duo
- 31. Tit for tat, maybe?
- 32. U.S. rights defender
- 33. Nutcase
- 34. Agitated
- 36. Like a couch potato
- 39. Beer relative
- 41. Team races
- 44. Used to own
- 46. Edge
- 49. "There's Something About Mary" actor Matt
- 51. Stars
- 53. Fine net fabric
- 55. Surfer's concern
- 56. Elicit some smiles
- 57. Stares in surprise
- 58. Tortuous path
- 59. Target of certain fees
- 61. Crossed the Rubicon, maybe
- 64. Tarzan's protector
- 65. It'll help turn up a plot



Puzzle Solution © OnlineCrosswords.net

## Dogs

Find and circle all of the words that are hidden in the grid. The remaining 44 letters spell an Ogden Nash quotation.

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

BASSET HOUND  
 BEAGLE  
 BLOODHOUND  
 BOXER  
 BULLDOG  
 CHIHUAHUA  
 CHOW CHOW  
 COCKER SPANIEL  
 COLLIE  
 CORGI

DACHSHUND  
 DALMATIAN  
 DEERHOUND  
 DINGO  
 GERMAN SHEPHERD  
 GREAT DANE  
 GREYHOUND  
 HUSKY  
 LHASA APSO  
 MALAMUTE

MASTIFF  
 PEKINGESE  
 PINSCHER  
 POINTER  
 POMERANIAN  
 POODLE  
 PUG  
 RETRIEVER  
 ROTTWEILER  
 SAINT BERNARD

SAMOYED  
 SCHNAUZER  
 SETTER  
 SHAR PEI  
 SHEEPDOG  
 SPITZ  
 TERRIER  
 WHIPPET