

2025

Hebron Senior Center Newsletter

May

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard-Hoffman x 203 Senior Services Dir/Municipal Agent for the Elderly
Mandy Roczniaik x 202 Program Director
Dennis Farrar x 204 Adult & Senior Services Social Worker
Linda Zaccaro x 200 Receptionist

sgarrard@hebronct.com
aroczniaik@hebronct.com
dfarrar@hebronct.com
Lzaccaro@hebronct.com

Transportation phone # 860-228-5977

We will be closed on Monday, May 26th for Memorial Day

Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, May 5th Last Breath**—The true story of seasoned deep-sea divers who battle the raging elements to rescue a crewmate trapped hundreds of feet below the ocean's surface, starring Woody Harrelson. **Monday, May 19th The Four Seasons**—Six old friends head for a relaxing weekend away only to learn that one couple in the group is about to split up. The three couples, Kate and Jack, Nick and Anne, and Danny and Claude, are completely upended by the news. Over the course of a year, we follow the friends on four vacations, and watch how this shake-up affects everyone's dynamic -- sending old issues and new bubbling to the surface. Starring Tina Fey, Steve Carrel, and Will Forte.

AARP Safe Driving Class

Tuesday, May 13th 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.

Author Talk—Monkeyface: a Memoir by Hebron Resident Judith Podell

Tuesday, May 13th at 10:30am. Judy is a painter/writer who has lived in Hebron for 27 years. After retiring from the Planning and Zoning Commission where she served for 16 years, she created The Town Center Project (TTCP). She has recently stepped down from her leadership of that organization, becoming Chair Emeritus, leaving it in the capable hands of the next generation of people who love Hebron and giving her more time to paint.

When Covid began in 2020 she asked her youngest son in New Jersey, what was she to do? Being forced to stay isolated, to avoid all social interactions, no visits to friends or family. Her son replied, "Mom, you're an artist, make art."

Seeing as she was already painting, and had recently turned 80, she decided ... "I'll write a memoir! The finished book, "Monkeyface: a Memoir" is the result. I hope you like it. **Please call 860-228-1700 to register.**

Moving Forward: Downsizing & Decluttering

Tuesday, May 20th at 10:30 join Amston Home Transitions Solutions as they present practical tips and emotional support, help seniors streamline their belongings, make the move more manageable and less stressful, and creates a better living environment for the present with an eye on the future. This is the first in our series of Future Planning. The next presentation will be Tuesday, June 17th on Estate Planning and Elder Law. To sign-up for this presentation, please call 860-228-1700.

Bus Trip—Lunch at the Parkville Market

Wednesday, May 28th, departing at 10:45am, cost \$5 for transportation, lunch on your own. Space is limited, so sign-up early. Connecticut's premier food hall where a diverse culinary adventure awaits. Whether you're in the mood to try something new or stick with an American favorite, the Market's 22 restaurants and 3 bars all under one roof have something for everyone! Don't miss out on our daily lunch specials. To sign-up, 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, May 7, 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 May 6th & 20th

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—860-228-5977.

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. **SUMMER HOURS BEGIN MAY 2nd. Pick-ups will begin in the general time of 8:30am** —May 2nd Stop & Shop, May 9th Walmart/Aldi, May 16th Big Y, May 23rd Stop & Shop, May 30th Walmart/Aldi To sign-up please call 860-228-5977.

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 Monday's (2x/month) starting at 11:25. The May dates are the 5th & 19th. 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 Roczniaik 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 **May 7th—May 28th—5 sessions, \$15**. Drop-in fee is **\$5 per class (no class Wednesday, May 14th) BUT we will have a special date & time on TUESDAY, May 13th at 9:00am**. There will be no charge for the May 13th 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 1:00—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 May 1st—May 29th (5 sessions) \$15. To register call us at 860-228-1700.**

Programs and Activities

Summer Hiatus—Ted Talk Discussions

The TED Talks will return in the fall. 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.

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 2nd, Thursday of the month at 12:15pm for the very informative presentation by Chatham Health's Stephanie Reyes. The topic for **May 15th will be Dental Health and June 19th is Outdoor Care.** Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

Every **3rd Thursday** of the month **May 15th** from **11:30-12:15**, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required,

Planning Ahead

The 7 Essential Movements of Your Body

These 7 essential movements of the body will keep your body balanced in mind, body and spirit. 7 moves to keep your healthy and happy. They are your lunge, squat, push, pull, gait, rotate, hinge! Sara will teach you these essential body moves through yoga asanas with ease and effectiveness. **Friday, June 6th from 10:30-12:30pm - Fee \$25.00**

Estate Planning and Elder Law 101

Join us on **Tuesday, June 17th** at 10:30am for a presentation by Attorney Allison T. Poirier of Kahan, Kerensky, and Capossela on Estate Planning and Elder Law 101. This will be a thorough presentation covering all you need to know towards proper estate planning, long-term care, Medicaid, and asset protection. Please sign-up at 860-228-1700. Light refreshments served. This is open to anyone, even if you are not a senior. Estate planning is critical for everyone, it is not age dependent.

What's Happening In the Community

Save the Date for 50th Reunion

All members of the RHAM High School Class of 1975 are advised to save the date for their 50th Reunion, coming up this fall. The reunion will take place Saturday, Oct. 4, at the Hilton Garden Inn in Glastonbury. Stay tuned for more information regarding ticket sales, event registration details, and accommodation options. Also, class members are asked to reach out to their fellow classmates and let them know.

A Night with Frank Sinatra

AHM Youth and Family Services' Spring Concert will take place **Saturday, May 3, at 6 p.m.**, at 25 Pendleton Drive, Hebron. This year the concert will feature the music of Patrick Tobin, a Frank Sinatra tribute artist. Tickets are \$45, and help raise funds for AHM's programs and services. For more information, visit ahmyouth.org/fundraisers-events/spring-concert.

RHAM Graduate Lawn Signs

Show your support for RHAM Class of 2025 graduating seniors by purchasing a "Congratulations" sign. These signs are available for purchase at \$20 each. Each sign is an 18" x 24" yard sign with yard stake included. There is a blank space on the sign for you to write your graduate's name on it. This fundraiser will help support AHM's Project Graduation event, a drug and alcohol-free celebration on the night of graduation. Visit ahmyouth.org/fundraisers-events/projectgraduation for more info on Project Grad and to purchase a sign.

What's Happening In the Community

Budget Referendum & Absentee Ballots

Absentee ballots for the May 6 Hebron budget referendum are available at the town clerk's office, located at 15 Gilead St. Office hours are Monday through Wednesday, 8 a.m.-4 p.m.; Thursday, 8 a.m.-6 p.m.; and Friday, 8 a.m.-1 p.m. For more information, call 860-228-5971. **The Hebron budget referendum will be held at Hebron Elementary School, 92 Church St., between 6 a.m. and 8 p.m. Tuesday, May 6.**

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

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

TTCP Seeks Volunteers

The Town Center Project is an all-volunteer driven 501c3 nonprofit organization that provides art installations and events in Hebron – and organizers are looking for volunteers to help produce a few events. Help is needed for: the Town-Wide Tag Sale on May 3 – mostly organizing on the back end some advertising; Market Day, a vintage-style market with vendors and food trucks, which will be held June 7; and Make Music Day, always June 21 – which this year is a Saturday! If interested in helping, email tcp@thetowncenterproject.org.

Transfer Station Summer Hours

The town Transfer Station has returned to its summer hours. Hours are: Sundays, 8 a.m.-2 p.m.; Tuesdays and Thursdays, 8 a.m.-6 p.m.; and Saturdays, 8 a.m.- 4 p.m.

Reservoir Rush 5K Run/Walk

East Haddam/Moodus VFW Post 3336 will hold its inaugural **Reservoir Rush 5K Run/ Walk on Saturday, May 17**. This is a mostly-level course that travels through winding country roads around the lower Moodus Reservoir, and begins and ends at the East Haddam Town Beach (291 EHColchester Tpke, Moodus). Check-in starts at 7:30 a.m., the race starts at 9 a.m. – and the kids' fun-run starts at 8:30 a.m. Advance registration is \$40, and on-site registration is \$50. Fun-run registration is \$10 (children 10 years and younger). Register by May 1 to receive a shirt. A small processing fee will apply with online registration. To register, visit runsignup.com/Race/RESERVOIRRUSH/Page/SignUp. Also, runners are invited to showcase their patriotism by wearing red, white and blue. Proceeds from this event will benefit The House of Heroes of Connecticut, a nonprofit organization that aims to improve the homes of veterans and/or their spouses (www.hohct.org). For more information, email ctvfwpost3336@gmail.com.

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 860-558-4183 with your contact information.

Friendly Spirit Farm in Amston

Is happy to offer the following items for purchase. Orders will need to be placed and paid for by 11am on Fridays. Items will be dropped off at the Senior Center on Monday morning for pickup. Please reach out to Tina Grano at 860-324-6890 to place an order.

Sourdough Breads available are:

Traditional Sourdough (plain) 1/2 \$5.00 - full \$10
Cinnamon Sugar 1/2 loaf \$6.00 - full loaf \$12
Cinnamon Raisin 1/2 loaf \$6.00 - full loaf \$12
Rosemary Garlic 1/2 loaf \$6.00 - full loaf \$12
Chocolate Chip 1/2 loaf \$6.00 - full loaf \$12
Cheddar Jalapeño 1/2 loaf \$6.00 - full loaf \$12
Italian Herbs 1/2 loaf \$6.00 - full loaf \$12
Italian Herbs and Garlic 1/2 loaf \$6.00 - full loaf \$12

Cookies

Stuffed \$2.75 each

Fillings:

Snickers
Peanut Butter Cup
Oreo
Salted Caramel
S'mores
Almond Joy
(I can add your favorite chocolate bar)
More flavors to come.

Cookies:

(no filling)

\$2.50 each

Chocolate Chip
Peanut Butter Chip
Oatmeal raisin

The Renters' Rebate Program

State law provided a property tax credit program for Connecticut homeowners who are age 65+ or totally disabled and whose incomes do not exceed certain limits. Likewise state law provides a reimbursement program for Connecticut 65+ and totally disabled renters. **The filing period for this program is April 1 through October 1.** Applications will be taken by appointment by calling the Senior Center at 860-228-1700.

Persons renting an apartment or room may be eligible for this program with rebates up to \$900 for couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (including electricity, natural gas, home heating oil, propane, other home heating expenses, and water; excluding telephone, cable or pay TV, or garbage removal) made in the calendar year prior to the year of applications - for example, when applying in 2025, we would be looking at income and expenses for calendar year 2024.

To apply in 2025, applicants must have been age 65+ by the end of 2024. For couples, only one individual must be 65+. If an individual who was 65+ and previously qualified for the Renters' Rebate Program passes away, a surviving spouse who is age 50+ is eligible to apply

The maximum income limit for the Renters' Rebate Program is \$55,100 for couples and \$45,200 for single persons. "Income" is defined as taxable and non-taxable income from, but is not limited to –

- Net Social Security (Box 5; 1099R 2a, 1099—DIV 1a + 2A if filed 1040—Line 9 + Line 2a –Line 6b)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- IRA distributions
- Lottery winnings, payment for Jury Duty (excluding travel allowance)
- Net income from sale or rental property (however, do not include depreciation from 1040 Schedule E)
- Alimony
- Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)
- Net proceeds from Legal Settlements, Cancellation of Debt
- If a Federal Income Tax Return was filed for 2024, a copy must be provided

Two or more people, who are sharing a rent and are not married or in a civil union, may each be eligible for a proportionate of a Renters' Rebate and must apply individually. For applicants who rent from family members, the State requires a copy of the landlord family member's IRS Form 1040, along with the corresponding Schedule E or Schedule C, whichever is applicable, showing the rental income received from the Renters' Rebate applicant.

To make an appointment, please call the senior center at 860-228-1700 and ask for Dennis extension 204 or Sharon extension 203

HEBRON TOWN-WIDE TAG SALE

Saturday May 3rd from 9am - 3pm

Sponsored by The Town Center Project (TTCP)

WHO: Hebron residents, businesses & organizations

WHERE: At homes around Hebron!

WHY: Registration fees and donations will benefit TTCP, a local non-profit created to restore the vibrancy of Hebron's historic center

HOW IT WORKS: Registration is a \$35 non-refundable, tax-deductible fee

SIGNS: Get an 18" x 24" yard sign highlighting your location and announcing your support for TTCP!

Maps with home locations will be posted on Facebook, the TTCP website and available at various locations in town!

Application and other information can be found by scanning the QR code to the right, visiting your phone's camera, scrolling to the bottom of the page and clicking the link to the Town-wide Tag Sale. Save to contact in the Vendor Application





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

May 16th

From 11:00am—Noon

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

TOWN OF HEBRON

DEADLINE APPROACHING /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

Chatham Health District:

Blood Pressure Clinic

Come visit our public health nurse to get your blood pressure checked and to learn about monitoring your blood pressure at home!

Every Third
Thursday Of The
Month


11:30 AM - 12:30 PM

Hebron Senior
Center




CHATTING ABOUT HEALTH:

DENTAL HEALTH



Hebron Senior Center
Thursday, May 15th
12:15PM - 12:45PM



CHATTING ABOUT HEALTH

Thursday
19
JUNE 2025





OUTDOOR CARE




HEBRON SENIOR CENTER
12:15PM - 12:45PM



Hebron Senior Center Happenings.....May 2025

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
April 28 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	April 29 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00-Noon—Author Talk 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	April 30 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	May 1 9:00—3:00 Exer. Rm 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	May 2 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Stop & Shop
May 5 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— last class this session 11:25-Noon—Meditation 12:30 Movie—Last Breath Cinco de Mayo	6 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	7 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—New session	8 9:00—3:00 Exer. Rm 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	9 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/ Aldi
12 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	13 9:00-1:00—AARP Driving Class 9:00 Yoga—Please note special date & time 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 10:30— Author Talk 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	14 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO Yoga—see May 13th	15 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:15—Chatham Health—Dental Health 11:30—BP Screenings 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	16 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
19 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 10:15-11:15 YOGA 11:25-Noon—Meditation 12:30 Movie—The Four Seasons	20 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 10:30 Downsizing & Decluttering 11:00 Food Truck 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	21 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	22 9:00—3:00 Exer. Rm 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	23 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Stop & Shop
26 CLOSED MEMORIAL DAY 	27 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	28 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last class this session 10:45-2:00 Bus Trip—Parkville Market	29 9:00—3:00 Exer. Rm 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	30 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/ Aldi

Sudoku

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

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

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

Dessert Recipes

Cherry Poke Cake

Ingredients

- 1 package white cake mix (regular size)
- 1 package (3 ounces) cherry gelatin
- 1-1/2 cups boiling water
- 1 package (8 ounces) cream cheese, softened
- 2 cups thawed whipped topping
- 1 can (21 ounces) cherry pie filling

Directions

- Prepare cake mix according to package directions, using a greased 13x9-in. baking pan. Bake at 350° for 30-35 minutes or until a toothpick comes out clean.
- Dissolve gelatin in boiling water. Cool cake on a wire rack for 3-5 minutes. Poke holes in cake with a meat fork or wooden skewer; gradually pour gelatin over cake. Cool for 15 minutes. Cover and refrigerate for 30 minutes.
- In a large bowl, beat cream cheese until fluffy. Fold in whipped topping. Carefully spread over cake. Top with pie filling. Cover and refrigerate for at least 2 hours before serving.



Rainbow Sherbet Angel Food Cake

Ingredients

- 1 prepared angel food cake (8 to 10 ounces)
- 3 cups rainbow sherbet, softened if necessary
- WHIPPED CREAM:
- 2 cups heavy whipping cream
- 1/3 cup confectioners' sugar
- 1 teaspoon vanilla extract

Directions

- Using a long serrated knife, cut cake horizontally into 4 layers. Place bottom layer on a freezer-safe serving plate; spread with 1 cup sherbet. Repeat twice with middle cake layers and remaining 2 cups sherbet. Top with remaining cake layer. Freeze, covered, until sherbet is firm, about 1 hour.
- In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until soft peaks form. Frost top and side of cake. Freeze until firm.
- Thaw in refrigerator 30 minutes before serving. Cut cake with a serrated knife.



Recipes

Pantry Chicken Casserole

Ingredients

- 1 (16 ounce) package penne pasta
- 4 tablespoons unsalted butter
- 1 large onion, chopped
- 1 green bell pepper, stemmed, seeded, and finely chopped
- 1 (8 ounce) package sliced fresh mushrooms
- 3 cloves garlic, minced
- 2 (8 ounce) packages processed cheese food (such as Velveeta), cubed
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (10 ounce) can diced tomatoes and green chiles (such as Rotel), undrained
- 1 (4 ounce) can mild chopped green chile peppers
- 4 cups cooked chicken, cut into bite-sized pieces



Directions

- Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x13-inch casserole dish with cooking spray.
- Fill a large pot of lightly salted water and bring to a rolling boil. Stir in penne and return to a boil. Cook pasta uncovered, stirring occasionally, until tender yet firm to the bite, about 11 minutes; drain.
- While pasta is cooking, melt butter in a large skillet over medium heat. Add onion and bell pepper; cook, stirring occasionally, until tender, about 5 minutes. Add mushrooms; cook until their liquid is released, about 5 minutes. Add garlic and cook, stirring occasionally, until fragrant, about 1 minute.
- Stir in cheese, diced tomatoes with juice, diced tomatoes and green chiles with juice, and chile peppers; cook and stir until cheese melted, 5 to 10 minutes. Remove from heat; stir in cooked pasta and chicken then pour into the prepared baking dish.
- Bake in the preheated oven until heated through, about 20 minutes. Serve warm.

Artichoke Spinach Lasagna

Ingredients

- 9 uncooked lasagna noodles
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 (14.5 ounce) can vegetable broth
- 1 tablespoon chopped fresh rosemary
- 1 (14 ounce) can marinated artichoke hearts, drained and chopped
- 1 (10 ounce) package frozen chopped spinach, thawed, drained and squeezed dry
- 1 (28 ounce) jar tomato pasta sauce
- 3 cups shredded mozzarella cheese, divided
- 1 (4 ounce) package herb and garlic feta, crumbled



Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.
- Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain.
- Spray a large skillet with cooking spray and heat on medium-high. Sauté onion and garlic for 3 minutes, or until onion is tender-crisp. Stir in broth and rosemary; bring to a boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes. Stir in pasta sauce.
- Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish; top with 3 cooked noodles. Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese. Sprinkle crumbled feta on top.
- Bake, covered, for 40 minutes. Uncover, and bake 15 minutes more, or until hot and bubbly. Let stand 10 minutes before cutting.

3 Ingredient Breakfast Cookie

Ingredients

- 1 cup oats
- 2 bananas
- mix-in of choice, such as sliced almonds, shredded coconut, crushed chocolate sandwich cookies, chopped walnuts, chocolate chips, or peanut butter

Directions

- Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
- In a large bowl, combine the oats and bananas, mashing the banana and mixing until well-incorporated.
- Stir in your mix-in(s) of choice.
- Scoop the dough onto the prepared baking sheet and bake for 12 minutes.

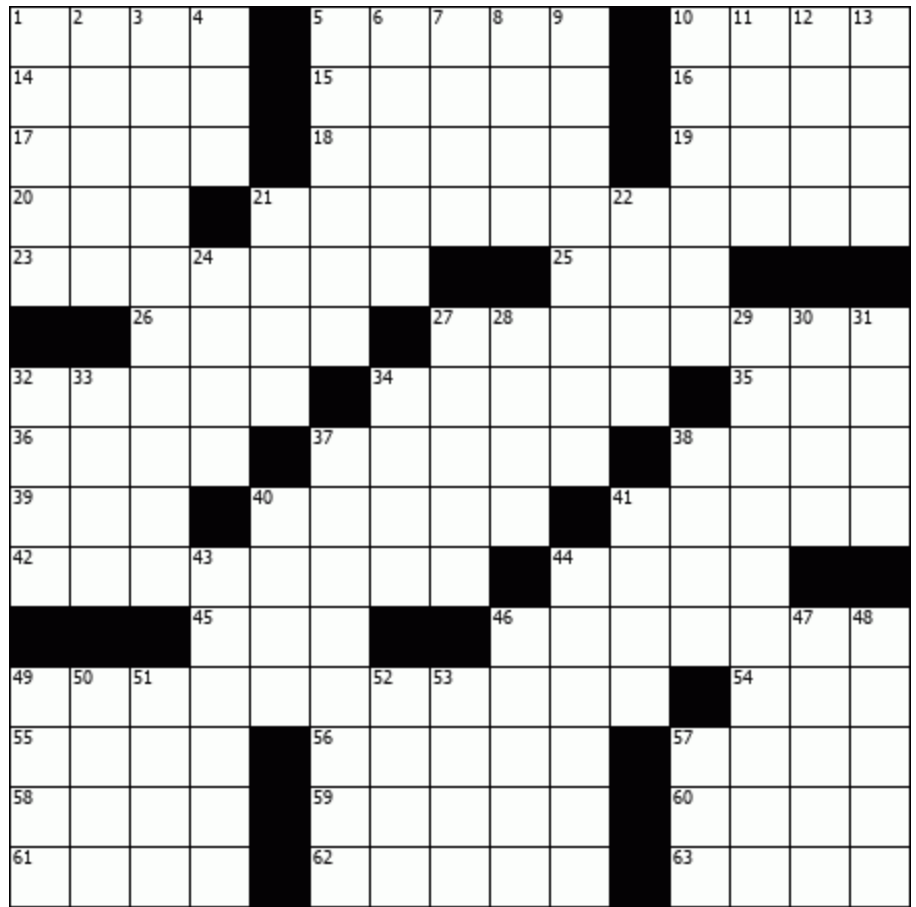


Across

1. Matter or body start
5. It could be made in heaven
10. Russian press agency
14. "Silent Night" writer Joseph
15. Bye-bye, in Marseilles
16. Memorable Robinson role
17. Cinnabar, taconite, etc.
18. Hindu queens
19. Words with empty stomach or upswing
20. He keeps the count
21. Gilbert & Sullivan comic opera
23. Washington summit
25. Battery size
26. Pretoria dollar
27. Legal tender
32. Beef units
34. Things said
35. Swampy land
36. Emulates Pac-Man
37. They move merchandise
38. Hotfooted it
39. Dutch commune near Arnhem
40. Filthy places
41. Surmise
42. Parts of a carte on a cart?
44. Ostentatious
45. John's "Pulp Fiction" co-star
46. Egg cream additive
49. Gilbert & Sullivan comic opera
54. Malt beverage
55. Anguished cry
56. Army uniform fabrics
57. Up the pot
58. Sound from a chapel tower
59. One who rules the roast
60. Biosphere sci.
61. Cigar butt?
62. Clothing colorists
63. Capitol VIPs

DOWN

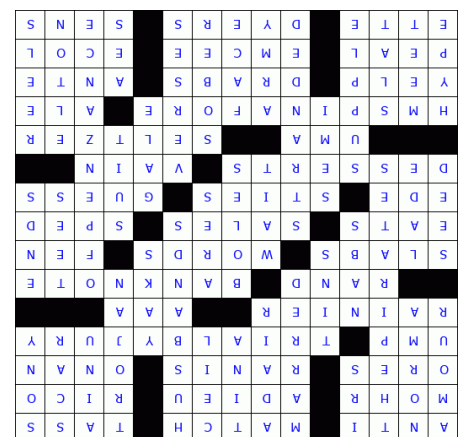
1. Pepe Le Pew's quest
2. Marilyn's real first name
3. Gilbert & Sullivan comic opera (with 29-Down)
4. Recipient of many unhappy returns



Down

5. Defaced
6. Robin of song
7. Frank's daughter
8. Provide a roof
9. One-time bachelors
10. Mythical horse builder
11. Japanese aboriginal
12. Lasting impression, of a sort
13. Mitsubishi rival
21. Cans, in Liverpool
22. Asian oxen
24. Apprehends
27. Tree trunks
28. Half brother of Hermes
29. See 3-Down
30. Their purpose is to have a ball
31. Word with rear or book
32. Cardamom or chickpea, e.g.
33. Fill with cargo
34. Mark time
37. Like Gilligan
38. Legal action

40. It moves from state to state
41. It's 7-10 on the Beaufort scale
43. Bending readily
44. Bible quotations
46. On the wagon
47. "Rocketman" singer
48. Rod companions
49. Exaggerated publicity
50. Track event
51. It may be plastered
52. Multitude
53. Visage
57. D.D.E.'s rival



Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo

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

ACCEPTING
ADVICE
AMAZING
BEAUTIFUL
BELOVED
BLESSED
CARING
COMFORTING
CONSIDERATE
DEAR
DEVOTED
ENCOURAGING

FAMILY
FLOWERS
GENEROUS
GIVING
HELPFUL
HUGS
INSPIRING
JOY
KIND
LAUGHTER
LISTENER
LOVING

MENTOR
MOTHER
NICE
NURTURING
PRECIOUS
PROTECTIVE
PROUD
RESPECTFUL
SELFLESS
SHARING
SMILES

STRONG
SUPPORTIVE
TEACHING
TENDER
THOUGHTFUL
TOLERANT
TRUSTING
WARM
WATCHFUL
WISE
WONDERFUL