

2025

Hebron

Senior Center Newsletter

July

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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We are CLOSED, Friday, July 4th

Summer Concert featuring the Sunshine Singers

Wednesday, July 2nd Concert begins at 11:45 and lunch (if you choose to stay) will follow, approximately 12:30pm. The Sunshine Singers will be performing a mix of songs to get you into the summer and holiday spirit. The concert is free, lunch will be \$4 and it will be pizza, chips, dessert, and beverage. Please sign-up for concert and lunch at 860-228-1700. The deadline for lunch registration is Monday, June 30th at 1:00pm.

Nutrition Education Series presented by UCONN College of Agriculture, Health & Natural Resources

Join us for this 4 part series, **Wednesdays, July 9th—July 30th at 1:00pm**. Topics will cover eating well for seniors, heart healthy meals for 1 or 2, savory soups, cooking and seasoning with herbs, all-star senior snacks, eating well on a budget, fitness fun, and evaluating dietary supplements. Each week will also include a cooking/food demonstration with samples. To sign-up for the program, please call 860-228-1700 or stop in. We do ask you sign-up for each individual week you'll be attending, so you can come to one or all four.

Karaoke/Sing Along & Lunch

Join us on **Monday, July 14th at Noon** for karaoke (you can be the star) or sing along as a group to your favorite songs old and new and have lunch together (pizza, beverage, and dessert). Karaoke is FREE, Lunch is \$4. Get out of the summer heat and have some fun together. Please sign-up by Thursday, July 10th at 1:00pm

Chatham Health Monthly Educational Series

Please join us on Thursday, **July 17th is Skin Care** at 12:15pm for the very informative presentation by Chatham Health's Stephanie Reyes. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

The month of July it will be **Thursday, July 17th from 11:30-12:15**, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required. Then, please stay for the monthly educational series immediately following.

Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, June 30th—50th Anniversary of JAWS**. When an insatiable great white shark terrorizes Amity Island, a police chief, an oceanographer and a grizzled shark hunter seek to destroy the beast. **Monday, July 7th The Godfather**. A chilling portrait of the Corleone family's rise and near fall from power in America along with balancing the story of the Sicilian clan's ugly crime business in which they are engaged and **Monday, July 21st Becoming Led Zeppelin**. If you've got a whole lotta love for Led Zeppelin, this documentary/concert film is a must-watch. The movie charts the influential British rock group's origin story in the late 1960s, from their earliest days – and how everybody wasn't all about that now-iconic name – to their meteoric rise as one of the world's biggest bands.

Bus Trip—Mohegan Sun

Tuesday, July 29th—Depart the Senior Center at 8:30am and return approximately 3:15pm. Join us as we head on down to "The Sun". Have breakfast, a treat at Sift Bake Shop, a special lunch, shop, gamble, sit and people watch, whatever you choose. This is a transportation only trip, the activities are on your own and there aren't any group coupons available. Cost for transportation is \$5. We must have a minimum of 12 people to go and we are limited to a total of 18. Please pre-register by Monday, July 28th 10:00am, 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, September 3, 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 July 1st, 15th, and 29th

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. Pick-ups will begin in the general time of 8:30am — THURSDAY, JULY 3RD Stop & Shop, July 11 Walmart/Aldis, July 18 Big Y, July 25 Stop & Shop, August 1. Walmart/Aldis.** 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.

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. 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

Starting at 11:25. The June 30th, July 7th and July 21st. 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 July 7th—July 30th — 8 sessions, \$24 (No Class June 23rd). 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 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 July 10th 4 sessions \$12. To register call us at 860-228-1700.**

Programs and Activities

BINGO - Thursday Afternoons

Thursdays 1:00—3:00pm. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. 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.

Planning Ahead

Quality of Life Care Options—Defining Palliative & Hospice Care

Tuesday, August 12th 10:30am. This presentation will be lead by our social worker Dennis Farrar and accompanied by Sandy Waldo and Rebecca Tamsin. Please mark your calendars and join us for this very informative presentation.

BUS TRIP

Thursday August 21—Essex Steam Train & Riverboat Excursion, 2.5 hour Train & Riverboat Excursion begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley – designated 'one of the last great places on earth' by the Nature Conservancy. Riverboat passengers explore the Connecticut River with views of historic Gillette Castle and other sights along the way. Depart at 9:30am (from the parking area in the back of the library) and return approximately 2:45. Cost for the trip is \$55. Must sign-up by August 7th, no refunds after this date. Space is limited to 18 people. You can bring your lunch to eat on the boat or limited snacks and beverages available for purchase on the boat. To sign-up stop in at the Senior Center.

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

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

What's Happening In the Community

Hebron Creative Collective

A community of artists, makers, and dreamers; painters, sculptors, ceramists, jewelry makers, graphic artists, woodworkers, authors. Creative people of all ages. We gather to inspire, support, and share. Join us to learn more, the first Monday of the month 6:00-8:00pm, at the Russell Mercier Senior Center, 12 Stonecroft Dr., Hebron. In July and beyond, it's You can also visit their Facebook page "Hebron Creative Collective" or email artinhebron@gmail.com

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

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.

FIREWORKS

Saturday, June 28th

Hebron Lions Fairgrounds, 347 Gilead Street (Rte. 85), Gates open at 4:00pm pm RAIN DATE: JUNE 29TH. FREE ADMISSION, featuring DJ Cowboy, dunk tanks, tractor pulls 4:00-8:00pm. Fun for the whole family! Food & Drink will be available Food Trucks • Half Price Presale Tickets for Lights in Motion and the Fair. VIP Priority Exit Parking – \$25

Save the Date for 50th Reunion

Save the Date for RHAM Reunion Members of the RHAM High School Class of 1975 should save the date for their 50th Reunion, taking place this fall. The reunion will be held Saturday, Oct. 4, at the Hilton Garden Inn in Glastonbury, from 5-10 p.m. The event will include music, dancing and raffles. A cash bar will be available. Tickets are priced at \$95 and must be purchased by Aug. 15. For ticket sales, call Donna at 860-710-7973. For more information, you may also call Lynn at 860-416-1575 or Lori at 860-208-0077. Please remember to save the date and start reaching out to your classmates.

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.

Class of 2005 Reunion

The RHAM Class of 2005 will celebrate a 20-year reunion on Friday, July 18, from 4-8 p.m., at the Heartstone Farm & Winery in Columbia. This is a family-friendly event. There will be a pizza truck, winery beverages, lawn games, and more. Tickets are \$35 for adults, \$10 for kids, and children 2 and under are free. RSVP by July 4. You can RSVP by emailing rahamreunion@gmail.com and a link will be sent to you (class president Matt Troy is a point of contact).

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.



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

July 18th

11:00am

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

Eversource Low Income Discount Rate

As of December 2023, Eversource has offered a Low Income Discount Rate (LIDR) to qualifying individuals. The discount has provided either a 10% or 50% reduction in a customer's electric bill depending on exactly where the household income falls and/or what state or federal benefit programs they are enrolled in.

In July 2025, Eversource will be revising the Low Income Discount Rate (LIDR) program. Instead of just 2 percentage option categories for discounts, Eversource will now be offering 5 percentage options

50% discount (Tier 5)

1 person household income up to \$15,650/year (\$1,304.17/month)
2 person household income up to \$21,150/year (\$1,762.50/month)

And/or enrolled in HUSKY C community Medicaid

40% discount (Tier 4)

1 person household income up to \$19,562.50/year (\$1,630.21/month)
2 person household income up to \$26,437.50/year (\$2,203.13/month)

20% discount (Tier 3)

1 person household income up to \$25,040/year (\$2,086.67/month)
2 person household income up to \$33,840/year (\$2,820/month)

And/or Parents and Caretakers enrolled in HUSKY A

And/or enrolled in HUSKY D

15% discount (Tier 2)

1 person household income up to \$33,021.50/year (\$2,751.79/month)
2 person household income up to \$44,626.50/year (\$3,718.88/month)

And/or enrolled in the Medicare Savings Program -

Qualified Medicare Beneficiary Level (QMB)

And/or enrolled in SNAP (Supplemental Nutrition Assistance Program)

And/or have a household member who is a child under age 19 receiving

Free or Reduced Lunches or Enrolled in HUSKY A

5% discount (Tier 1)

1 person household income up to \$45,505/year (\$3,792.08/month)
2 person household income up to \$59,507/year (\$4,958.92/month)

And/or receiving heating assistance through the CT Energy Assistance Program (CEAP)

And/or enrolled in HUSKY C Long-Term Supports Program

And/or enrolled in the Medicare Savings Program -

Special or Additional Low Income Medicare Beneficiary Level (SLMB or ALMB)

And/or enrolled in Section 8 Housing/Rental Assistance Program (RAP)

If you had previously been benefiting from a Low Income Discount Rate through Eversource and recently received a letter from them assigning you to a new tier that you do not feel is correct, please contact the Senior Center at 860-228-1700

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 –

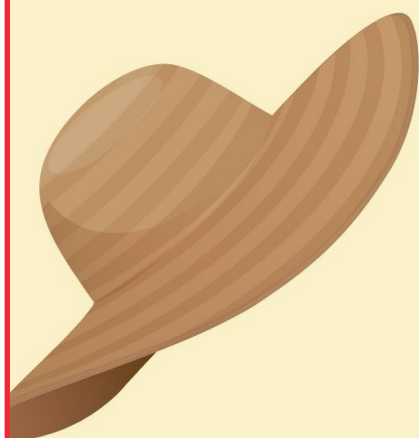
- Net Social Security (Box 5; 1099R 2a, 1099—DIV 1a + 2A if filed 1040—Line 9 + Line 2a –Line 6b)
- Wages, bonuses, commissions, gratuities and fees, Self-employment Net Income, Unemployment Compensation, Severance pay, Workers Compensation
- Pensions, Veteran's pension
- Dividends, interest, and annuities
- 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



SKIN HEALTH



**THURSDAY
JULY 17TH, 2025**

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



Hebron Senior Center Happenings.....July 2025

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
30 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 50th Anniversary showing of JAWS	July 1 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	July 2 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—last of this session 11:45—4th of July Sun-shine Singers Summer Concert & lunch	July 3 8:30—Shopping Stop & Shop 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI Last class this session 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg—	July 4 Closed 
7 9:00—3:00 Exer. Rm 9:00—3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—NEW Session 11:25-Noon—Meditation 12:30 Movie—1972 Classic The Godfather	8 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 1:00—2:15 Card Making 12:00—Lunch 12:45—3:15 Hand & Foot Canasta	9 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 1:00 Nutrition Education Series	10- 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI—NEW session 10:15 Sunshine Singers 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	11 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/Aldi's
14 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 10:15-11:15 YOGA 12:00 Karaoke/Sing-A-Long & lunch—pre-registration for lunch by July 10th	15 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	16 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 1:00 Nutrition Education Series	17 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:30—BP Screenings 12:15—Chatham Health—Skin Health 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO	18 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
21 9:00—3:00 Exer. Rm 9:00—3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 11:25-Noon—Meditation 12:30—Movie—Becoming Led Zeppelin'	22 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	23 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 1:00 Nutrition Education Series	24 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	25 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Stop & Shop
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	29 8:30-3:15 Bus Trip Mohegan Sun 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	30 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA—Last Class of this session 1:00 Nutrition Education Series	31 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	August 1st 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Walmart/Aldis

Best Things to do in July

1. Celebrate 4th of July

Nothing is more Julyish than celebrating the 4th. Bring on the BBQ, live music, cocktails, and end the evening with fire-works

2. Go to the fair

Every summer fairs line up throughout the state offering fun in all forms. Get the funnel cake and ride the gravitron!

3. #NationalFriedChickenDay

On July 6th celebrate National Fried Chicken Day by sharing your favorite fried chicken finds on social media and indulging.

4. Go to a BBQ

If your July bucket list doesn't include a BBQ, add it now. This quintessential summer activity is a great way to get together with friends or family and dine.

5. Try a new camping location

July is the perfect time to seek out new camping experiences and have fun outdoors. Set up a bonfire, roast some marshmallows and sleep under the stars.

6. Plat put-put golf

Get the friends together or a date and play a round of put-put. Loser buys the beer!

7. Make creamsicle floats

Get some vanilla ice cream and orange pop to top it off and enjoy with a straw. Perfect for hot days and easy to make.

8. Can veggies from your garden

If your garden is producing too many veggies that you cannot eat fast enough, can some of them so you have stuff in the fall and winter months to work with.

9. #NationalChocolateDay

July 7th is National Chocolate Day so make sure to indulge your favorite treats or try something new.

10. Have a staycation in your city

You do not have to go far to go on a vacation. Try staying at a local hotel or resort and exploring nearby. You never know what gem you will discover.

11.. #NationalPinaColadaDay

On July 10th, break out the coconuts and rum for it is National Pina Colada Day and that is a celebration!

12. Visit a farmers market

Early bird gets the worm. If your July bucket list doesn't include trips to the farmers market on the weekend, add it. You can score some of the juiciest and ripest produce out there.

13. #NationalFrenchFryDay

Calling all lovers of french fries, July 13th is your day to shine.

14. Pick berries

Get some fresh berries and make mojitos. An easy summer drink with the perfect level of sweet.

15. Visit a museum

When July is at its peak hotness, enjoy an afternoon indoor activity and take it to the museum for some learning.

16. Bastille Day

Celebrate National France Day on July 14th! Enjoy some of your favorite French foods or try new ones.

17. Spend a day at the beach

Nothing says JULY like a nice hot day at the beach, catching a tan and swimming. Up the ante and visit one of the best beaches in the world!

18. #NationallceCreamDay

This would not be a July bucket list if National Ice Cream Day wasn't on it. On July 18th indulge in your favorite ice creams and share it on social media with the hashtag if you like.

Everything You Should Know About July!

July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.

July Calendar

July 1 is Canada Day, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.

July 3 brings the start of the hot and sultry Dog Days of Summer! Read all about the Dog Days of Summer.

July 4 is Independence Day (U.S.). On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. Don't forget to raise the flag! .

July 14 is Bastille Day, which commemorates the storming of the Bastille and the start of the French Revolution.

“Just for Fun” Days

July 11: International Town Criers Day

July 17: National Hot Dog Day

July 22: Spooner's Day

July 23: National Day of the Cowboy

July 27: Take Your Houseplants for a Walk Day

July 30: National Cheesecake Day

July Astronomy

The Buck Moon

July's full Moon, the Full Buck Moon, occurs on Thursday, July 20. It reaches peak illumination at 4:37 P.M. (EDT).

July's Moon Phases

First Quarter: July 2, 3:30 P.M. EDT

Full Moon: July 10, 4:37 P.M. EDT

Last Quarter: July 17, 8:38 P.M. EDT

New Moon: July 24, 3:11 P.M. EDT

July Gardening

Deadhead your flowers, removing faded blooms from your spring perennial flowers such as peonies, bearded iris, and Asiatic lilies.

Harvest daily as vegetables always taste better when young and tender.

Stay on top of pests with daily walks of your garden.

Mulch, mulch, mulch! Retain moisture and suppress weeds with mulch.

Look at your gardens; see that you destroy all kinds of weeds before they go to seed.

July Zodiac & Astrology

July's zodiac signs are Cancer (June 21 to July 22) and Leo (July 23 to August 22).

July Birth Flower

July's birth flowers are the larkspur and water lily.

Sudoku

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

How to play

In classic sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

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

Dessert Recipe

S'mores on a Stick

Ingredients

- 1 can (14 ounces) sweetened condensed milk, divided
- 1 cup miniature marshmallows
- 1-1/2 cups miniature semisweet chocolate chips, divided
- 24 whole graham crackers, broken in half
- Assorted sprinkles
- 24 Wooden pop sticks

Directions

1. In a small microwave-safe bowl, microwave 2/3 cup milk on high for 1-1/2 minutes. Add marshmallows and 1 cup chips; stir until smooth. Drop by tablespoonfuls onto 24 graham cracker halves; spread evenly. Top with remaining graham cracker halves; press down gently.
2. Microwave remaining milk for 1-1/2 minutes. Add remaining chips; stir until smooth. Drizzle over cookies; decorate with sprinkles. Let stand for 2 hours before inserting a pop stick into the center of each.



Fruit Tart

Ingredients

- 3/4 cup butter, softened
- 1/2 cup confectioners' sugar
- 1-1/2 cups all-purpose flour
- 1 package (10 to 12 ounces) white baking chips, melted and cooled
- 1/4 cup heavy whipping cream
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup pineapple juice
- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon lemon juice
- 4 cups assorted fresh fruit

Directions

1. Preheat oven to 300°. Cream butter and confectioners' sugar until light and fluffy, 3-4 minutes. Beat in flour (mixture will be crumbly). Pat onto a greased 12-in. pizza pan. Bake until lightly browned, 25-28 minutes. Cool.
2. Beat melted chips and cream until smooth. Beat in cream cheese until smooth. Spread over crust. Refrigerate 30 minutes. Meanwhile, in a small saucepan, combine pineapple juice, sugar, cornstarch and lemon juice. Bring to a boil over medium heat; cook and stir until thickened, about 2 minutes. Cool.
3. Arrange fruit over cream cheese layer; brush with pineapple mixture. Refrigerate 1 hour before serving.



Recipes

Three-Bean Baked Beans

Ingredients

- 1/2 pound ground beef
- 5 bacon strips, diced
- 1/2 cup chopped onion
- 1/3 cup packed brown sugar
- 1/4 cup sugar
- 1/4 cup ketchup
- 1/4 cup barbecue sauce
- 2 tablespoons molasses
- 2 tablespoons prepared mustard
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 2 cans (15 ounces each) pork and beans, undrained
- 1 can (16 ounces) butter beans, rinsed and drained
- 1 can (16 ounces) kidney beans, rinsed and drained



Directions

1. Preheat oven to 350°. In a large skillet, cook and crumble beef with bacon and onion over medium heat until beef is no longer pink; drain.
2. Stir in sugars, ketchup, barbecue sauce, molasses, mustard, chili powder and salt until blended. Stir in beans. Transfer to a greased 2-1/2-qt. baking dish. Bake, covered, 1 hour or until beans reach desired thickness.

Barbecued Chicken Salad Sandwiches

Ingredients

- 1-1/2 pounds boneless skinless chicken breasts
- 1 1/2 cup barbecue sauce
- 2 1 cup mayonnaise
- 3 1/2 cup finely chopped onion
- 4 1/2 cup chopped celery
- 5 1/4 teaspoon salt
- 6 1/4 teaspoon crushed red pepper flakes
- 7 8 kaiser rolls, split
- 8 8 tomato slices
- 9 8 lettuce leaves



Directions

1. Place the chicken in a shallow baking dish; add barbecue sauce. Turn to coat; cover. Refrigerate overnight.
2. Grill chicken, covered, over medium-high heat until a thermometer reads 165°, 6-8 minutes on each side. Cool; cover and refrigerate chicken until chilled.
3. Chop chicken; place in a large bowl. Stir in the mayonnaise, onion, celery, salt and pepper flakes. Serve on rolls with tomato and lettuce.

Lemon Artichoke Romaine Salad

Ingredients

- 10 cups torn romaine
- 4 plum tomatoes, chopped
- 1 can (14 ounces) water-packed quartered artichoke hearts, rinsed and drained
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 3 tablespoons water
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon coarsely ground pepper
- 1/3 cup shredded Parmesan cheese



Directions

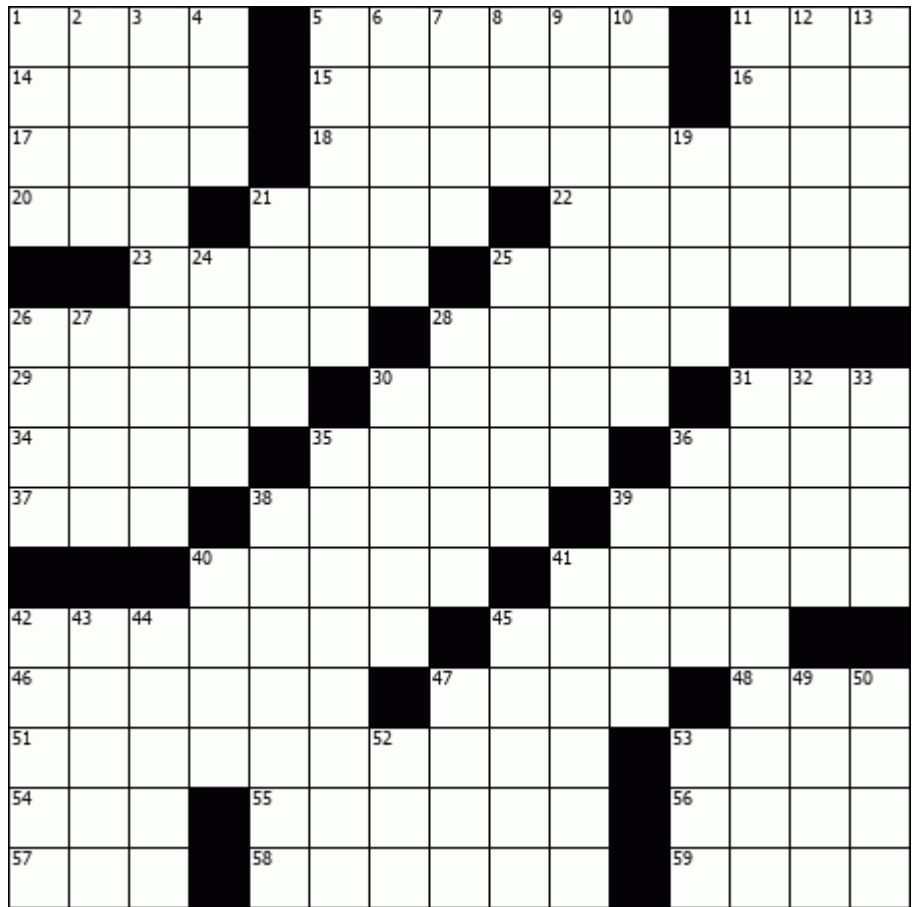
1. Place first 4 ingredients in a large bowl. Place all remaining ingredients except cheese in a jar with a tight-fitting lid; shake well. Pour over salad; toss to coat.
2. Sprinkle with cheese. Serve immediately.

Across

1. Price
5. Allocate, as funds
11. Supporting
14. Muscat's land
15. Tuneful
16. French water
17. Brewmaster's buy
18. Chauvinist directives?
20. Vein contents
21. Brontë alias
22. Three-legged stand
23. Bullwinkle adversary
25. Dealers' offerings
26. Purloined
28. Southwestern natives
29. Be patient for
30. Poe bird
31. Meadows of "SNL"
34. One of the Jackson 5
35. Levels
36. Beaufort-scale level
37. USNA grad
38. Direct (to)
39. Light wood
40. Annoyances
41. Battle Creek product
42. Prison-film plot elements
45. Battles
46. Everything
47. Matty or Moises
48. "Great Expectations" character
51. Robust boulders?
53. Support, with "with"
54. Not robust
55. A-listers
56. King Gordius creation
57. Bus. bigshot
58. Take out
59. "Watch the sunrise on a tropic ___"

Down

1. How, to Arrau
2. General Bradley
3. Discount dinghies?
4. Basic-cable channel
5. Entered



Down

6. Hurdles for some students
7. Lumber factory
8. Miney follower
9. Elemental relatives
10. Landscape
11. Raise the hackles of
12. More uncommon
13. Evicts
19. Otic annoyances
21. Writer Harte
24. Mélange
25. Ardent fan
26. Fill
27. Exact match
28. Initiates improperly
30. Lake floaters
31. Plot twists?
32. Rick's love
33. Repast
35. Go elsewhere
36. Player on the links
38. At rest
39. Jeff's brother
40. Washed out

41. La __, WI

42. Morality

43. Sedimentary rock

44. Stradivari creation

45. Like Hermes

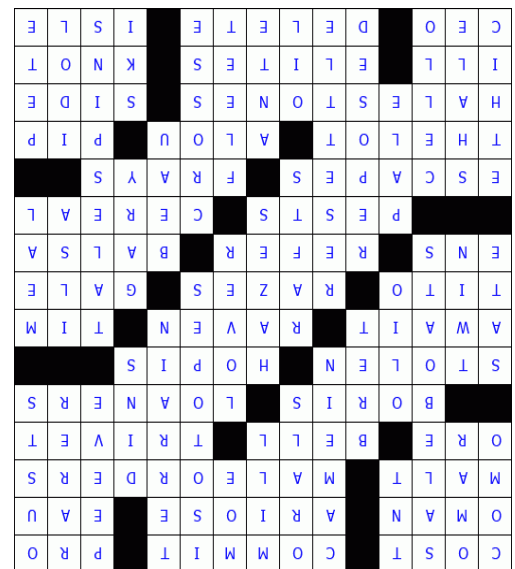
47. Part of A.M.

49. Object of devotion

50. "Our Gang" dog

52. Venezuelan export

53. __ bum



Puzzle Solution © OnlineCrosswords.net

USA State Capitals

Find and circle all of the state capitals. The remaining letters spell a quote by Theodore Roosevelt.

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

ALBANY (New York)
 ANNAPOLIS (Maryland)
 ATLANTA (Georgia)
 AUGUSTA (Maine)
 AUSTIN (Texas)
 BATON ROUGE (Louisiana)
 BISMARCK (North Dakota)
 BOISE (Idaho)
 BOSTON (Massachusetts)
 CARSON CITY (Nevada)
 CHARLESTON (West Virginia)
 CHEYENNE (Wyoming)

COLUMBIA (South Carolina)
 COLUMBUS (Ohio)
 CONCORD (New Hampshire)
 DENVER (Colorado)
 DES MOINES (Iowa)
 DOVER (Delaware)
 FRANKFORT (Kentucky)
 HARRISBURG (Pennsylvania)
 HARTFORD (Connecticut)
 HELENA (Montana)
 HONOLULU (Hawaii)
 INDIANAPOLIS (Indiana)
 JACKSON (Mississippi)

JEFFERSON CITY (Missouri)
 JUNEAU (Alaska)
 LANSING (Michigan)
 LINCOLN (Nebraska)
 LITTLE ROCK (Arkansas)
 MADISON (Wisconsin)
 MONTGOMERY (Alabama)
 MONTPELIER (Vermont)
 NASHVILLE (Tennessee)
 OKLAHOMA CITY
 (Oklahoma)
 OLYMPIA (Washington)
 PHOENIX (Arizona)

PIERRE (South Dakota)
 PROVIDENCE (Rhode Island)
 RALEIGH (North Carolina)
 RICHMOND (Virginia)
 SACRAMENTO (California)
 SALEM (Oregon)
 SALT LAKE CITY (Utah)
 SANTA FE (New Mexico)
 SPRINGFIELD (Illinois)
 ST. PAUL (Minnesota)
 TALLAHASSEE (Florida)
 TOPEKA (Kansas)
 TRENTON (New Jersey)