

2025

Hebron

Senior Center Newsletter

August

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.gov

PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

Transportation phone # 860-228-5977

The Senior Center will be closed on Tuesday and Wednesday July 29th & 30th for parking lot prep and re-paving. Thank you for your patience and cooperation.

We would like to thank the Public Works, Park & Recreation, and Maintenance departments for the improvements being made to the parking lot, new stairs, and landscaping.

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. We will also make a stop at Salem Valley Farms for an ice cream on the return (at your own cost) We will 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.

Chatham Health Monthly Educational Series

Please join us on Thursday, **August 21st** at 12:15pm for the topic on vaccination season. These are always very informative presentations by Chatham Health's Stephanie Reyes. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

The month of **August** there will be no blood pressure screenings. They will return in September on Thursday the 18th, 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.

Sunshine Singers Sing-A-Long and Ice Cream Sundae Bar

Please join us on **Thursday, August 28th at 11:45am** for a free sing-a-long concert and ice cream bar. The ice cream bar is being sponsored by Marlborough Health & Rehabilitation Center. The Sunshine Singers will perform a bunch of songs that you are encouraged to sing-a-long and afterwards we'll make your own sundaes. Both the concert and ice cream are free, but we do ask you pre-register so we have a head count to have enough for everyone. Call 860-228-1700 to sign-up.

Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, August 11th The Good House.** Sigourney Weaver stars in this multilayered, wickedly funny portrait of a realtor whose revived romance with a high school flame (Kevin Kline) digs up her troubled past. **Monday, August 25th The Love Punch.** Set in the French Riviera, together Pierce Brosnan and Emma Thompson in a feel good romantic comedy about an estranged couple who, after having their pension stolen by a crooked businessman, must reunite to steal it back.

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 August 12th & 26th

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 31st Stop & Shop, Friday, August 8th Walmart/Aldis, August 15th Big Y, August 22nd Walmart/Aldis, and August 29th Big Y.** 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. Class on Tuesday, July 29th will be held next door in the Community Room in building D at Senior Housing. 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. August 11th & 25th. 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 Roczniaak 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 **August 4th—August 27th — 8 sessions, \$24. Drop-in fee is \$5 per class**. Instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. To register, call 860-228-1700.

Massage Therapy

Every Monday & Thursday—massage therapist, **Beverly Williams** offering 25 minute 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 August 7th—August 28th, 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

AARP Safe Driving Class

Tuesday, September 9th 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.

Quality of Life Care Options—Defining Palliative & Hospice Care

Tuesday, September 16th 10:30am. SEE FLYER ON PAGE 11. 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.

Posture class and How do you get to the floor and off the floor safely.

Friday, September 19th, 10:30am to 12:30pm, \$25. Taught by Sara Billings who has taught two previous yoga/movement classes.

Bus Trip—Newport Mansions Decorated for Christmas—See Flyer Page 12

Travel with Friendship Tours, Friday, December 5th—Newport Mansions—The Marble House & The Breakers with lunch at the Wyndham Atlantic Resort. Only 10 spots available.

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 : Until 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

Art Together: Tin Tooling! All are invited to join Hebron Creative Collective for an Art Together session **Thursday, July 31, from 5-7 p.m.**, at the Russell Mercier Senior Center, 14 Stonecroft Drive. Attendees will explore tin tooling using recycled soda cans to create playful shapes and simple indented patterns. This is free and an easy hands-on DIY art activity for all ages (kids welcome with supervision). Bring along a clean, empty soda can.

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

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

Hebron Veterans Scholarship Golf Tournament

The annual Hebron Veterans Scholarship Golf Tournament will take place at Chantclair in Colchester Saturday, Sept. 13, at 8 a.m. To sign up, contribute or for more information, call Joe Fetta at 203-848-5913 or email Ron Parkyn at park1969@comcast.net.

Summer Concert Series Line-up

The Town Center Project, Inc. presents the Hebron Concert Series 2025 Friday nights throughout July and August, from 6-8 p.m. each night, on the side lawn of Century 21, 17 Main St. The remaining schedule is: Aug. 1 – The Name Droppers, playing blues/rock; Aug. 8 – Ali Kat, a local blues artist. All are invited to grab some takeout, pack a blanket or chairs, and head down to the center of town. 10-B Main St., Hebron, CT 06248

www.loboinsurance.com loboinsurance@snet.net
Center Check out the full lineup with bios of the bands at facebook.com/towncenterprojectinc or www.thetowncenterproject.org.

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. Save the date start reaching out to your classmates.

Hebron Opens Four New Pickleball Courts

The town just celebrated the opening of four brand-new pickleball courts at St. Peter's Field on Tuesday, July 9, making it the latest addition to its growing list of recreational amenities. The courts, located at St. Peter's Field on Route 85, next to Hebron Elementary School, sit in the heart of town. The location was chosen specifically for its accessibility and future growth potential. While the focus right now is on letting the community enjoy free play and become familiar with the new courts, structured programs are already on the horizon. The department plans to offer beginner and intermediate classes and private lessons toward the end of the summer. "There are plenty of opportunities to offer leagues and tournaments as well," Bryant said. "But for now, we want people to enjoy the courts and get acclimated." The early signs of success are promising. With wide age-range participation and growing numbers of players using the courts, the facility is already proving to be a valuable community asset.

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

August 15th

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

Vaccine Season



THURSDAY, AUGUST 21ST
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
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 11:25—Meditation	29 CLOSED DUE TO PARKING LOT CONSTRUCTION. YOU CAN REACH US VIA PHONE	30 CLOSED DUE TO PARKING LOT CONSTRUCTION. YOU CAN REACH US VIA PHONE	31 8:30 Shopping—Stop & Shop 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
4 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	5 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	6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	7 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	8 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 8:30 Shopping—Walmart/ Aldi's
11 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 Good House	12 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	13 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	14 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	15 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 8:30 Shopping— Big Y 11:00-Noon Caregiver Support Group
18 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	19 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	20 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	21 9:00—3:00 Exer. Rm 9:30-3 Bus trip 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:15—Chatham Health— Vaccination Season 12:00 Lunch 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	22 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 8:30 Shopping— Stop & Shop
25 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—The Love Punch	26 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	27 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	28 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:45 Sunshine Singers Sing-A-Long & Ice Cream Sundae Bar 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	29 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul Pick-ups start at 9:00 Shopping—Walmart



PLANNING AHEAD PRESENTATION

“QUALITY OF LIFE CARE OPTIONS Defining Palliative and Hospice Care”

It is never too soon to prepare for a time when we may need to make informed decisions about our own care. Your presence supports our mission to educate the community about care options.

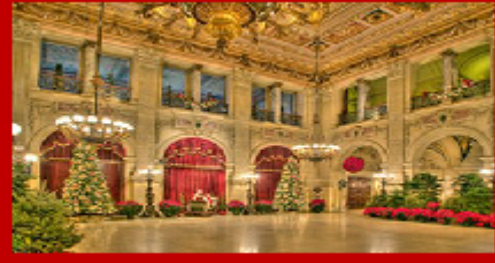
Please reserve your seat today!
860-228-1700 ext. 204

SEPTEMBER 16TH @ 10:30AM
RUSSELL MERCIER SENIOR CTR
12 STONECROFT DRIVE
HEBRON, CT 06248

The presentation will be led by our social worker **Dennis Farrar** and accompanied by **Sandy Waldo** and **Rebecca Tamsin**.

Hebron Senior Center presents

Christmas in Newport



Friday, December 5, 2025
Marble House & The Breakers
Lunch at the Wyndham Atlantic Resort
The Glitter of Gold - The Sparkle of Silver
Visit 2 of the most magnificent Mansions

The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. Upon arrival everyone receives an audio guide so you can walk through at your leisure listening to the story of the mansion. Enjoy magnificently decorated rooms, poinsettias, charming ornaments, trees and wreaths....

Our lunch will be at the Johnny's Restaurant at the Wyndham a beautiful new hotel on the water in Middletown, RI. *Menu:* Salad, Choice of: Chicken Piccata, Baked Stuffed Scrod with Seafood Stuffing and Newburgh Sauce, OR Pasta Primavera, Vegetable, Potato, Dessert, Coffee. Iced Tea. **Entree Choice in Advance**

Marble House is the magnificent mansion of William Vanderbilt and is inspired by Versailles. Exquisite marble Corinthian columns with holiday decorations fill the mansion with beauty.



Audio guide is available to download on your smart device in advance to enjoy an exceptional tour as you explore the properties through your earbuds or headset. <https://www.newportmansions.org/events/the-breakers-audio-tour/>

COST: \$150.00 based on 35-50

Departure: 9:15am Ted's IGA Parking Lot, 127 Main St

Estimated Return: 6:15pm Hebron

Reservations:: Mandy Roczniak 860-228-1700

Checks payable to Hebron Senior Center



FRIENDSHIP TOURS
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This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.

Registration deadline is Friday, October 24th by 10:00am
there are no refunds after this date. If you are unable to attend
you can find a substitute, but there will be NO REFUNDS after
this date.

Sudoku

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

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

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

Funnel Cake

Ingredients

- 2 large eggs, room temperature
- 1 cup 2% milk
- 1 cup water
- 1/2 teaspoon vanilla extract
- 3 cups all-purpose flour

- 1/4 cup sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- Oil for deep-fat frying
- Confectioners' sugar

Directions

1. In a large bowl, beat eggs. Add milk, water and vanilla until well blended. In another bowl, whisk flour, sugar, baking powder and salt; beat into egg mixture until smooth. In a deep cast-iron or electric skillet, heat oil to 375°.
2. For each cake, cover bottom of a funnel spout with your finger; ladle 1/2 cup batter into the funnel. Holding funnel several inches above the oil, release your finger and move the funnel in a spiral motion until all the batter is released, scraping with a rubber spatula if needed.
3. Fry until golden brown, 2 minutes on each side. Drain on paper towels. Dust with confectioners' sugar; serve warm.



Blueberry Lattice Bars

Ingredients

- 1-1/3 cups butter, softened
- 2/3 cup sugar
- 1/4 teaspoon salt
- 1 large egg, room temperature
- 1/2 teaspoon vanilla extract
- 3-3/4 cups all-purpose flour

- FILLING:
- 3 cups fresh or frozen blueberries
 - 1 cup sugar
 - 3 tablespoons cornstarch

Directions

1. Cream butter, sugar and salt until light and fluffy, 5-7 minutes; beat in egg and vanilla. Gradually beat in flour. Divide dough in half; shape each half into a 1-in.-thick rectangle. Wrap and refrigerate 2 hours or overnight.
2. Preheat oven to 375°. Place blueberries, sugar and cornstarch in a small saucepan. Bring to a boil over medium heat, stirring frequently; cook and stir until thickened, about 2 minutes. Cool slightly.
3. Roll each portion of dough between 2 sheets of waxed paper into a 14x10-in. rectangle. Place rectangles on separate baking sheets; freeze until firm, 5-10 minutes. Place 1 rectangle in a greased 13x9-in. baking pan, pressing onto bottom and about 1/2 in. up sides. Add filling.
4. Cut remaining rectangle into 1/2-in. strips; freeze 5-10 minutes to firm. Arrange strips over filling in crisscross fashion. If desired, press edges with a fork to seal strips. Bake until top crust is golden brown, 30-35 minutes. Cool on a wire rack. Cut into bars.



Recipes

Charred Broccoli Tabbouleh Salad

Ingredients

- 1/4 cup bulgur wheat
- 1 broccoli crown
- 2 tablespoons extra virgin olive oil
- 1/4 plus 1/8 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 English cucumber, cut into small pieces
- 1 cup grape tomatoes, quartered
- 2 scallions (white and light green parts), thinly sliced
- 15.5-ounce can (no salt added) chickpeas, drained and rinsed
- 3 tablespoons fresh lemon juice
- 1 tablespoon tahini, well stirred

Directions

1. Put the bulgur into a small bowl and cover with hot water by 2 inches. Let stand until the bulgur is tender, about 30 minutes. Drain into a strainer and shake out excess water.
2. Heat the oven to 425 F.
3. Cut the broccoli into small florets and place on a rimmed sheet pan. Drizzle with the oil and sprinkle with 1/4 teaspoon of the salt and pepper. Toss and spread into a single layer. Roast until tender and charred at the edges, 12 to 15 minutes. Let cool.
4. In a large bowl, combine the cucumber, tomatoes, scallions, chickpeas, bulgur and broccoli.
5. In a small bowl, whisk together the lemon juice, tahini and remaining 1/8 teaspoon salt. Pour over the salad and toss well.



Toasted Quinoa and Salmon Salad

Ingredients

- 1 cup quinoa
- Olive oil cooking spray
- 1/4 teaspoon kosher salt
- 1/2 pound wild salmon fillet
- 1 1/2 cup chopped arugula leaves, washed and dried
- 1 cup cherry tomatoes, halved (6 ounces)
- 1 garlic clove, minced
- 2 1/2 tablespoons white wine vinegar
- 2 teaspoons extra virgin olive oil
- Freshly ground pepper
- 1/4 cup crumbled reduced-fat feta cheese

Directions

1. Wash the quinoa in a fine sieve under cold running water. Drain well.
2. Coat a nonstick saucepan with cooking spray. Add the quinoa and lightly toast over medium heat for 2 minutes.
3. Add 2 cups water and the salt. Bring to a boil, lower the heat, cover and simmer for 15 minutes, or until the liquid is absorbed. Remove from heat.
4. Fluff with a fork and place in a bowl to cool.
5. Coat a sauté pan with cooking spray. Cook the salmon skin side up for 6 minutes over medium heat. Turn the salmon over and continue to cook until the fish is opaque and flakes easily when tested with the point of a knife. Remove from the pan and discard the skin. Cool and cut into bite-sized pieces.
6. Add to the quinoa along with the arugula and tomatoes.
7. Combine the garlic, vinegar, oil and a generous grinding of pepper. Toss with the quinoa salad. Top with feta.
8. Chill and serve.



Zucchini Pizza Casserole

Ingredients

- 4 cups shredded unpeeled zucchini
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- 1/2 cup chopped onion
- 1 can (15 ounces) Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

Directions

1. Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.
2. Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.
3. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper. Bake until heated through, about 20 minutes longer.



Across

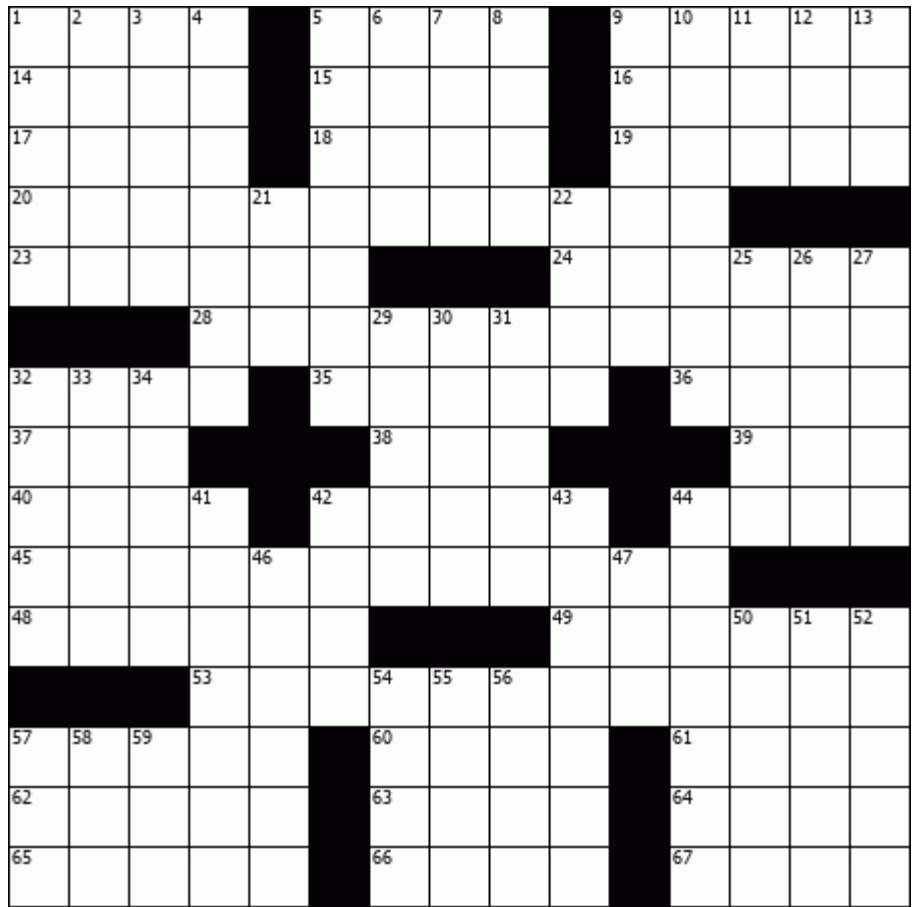
1. It holds a yard
5. Nautical pronouns
9. Selling point
14. Assistant with a hunch?
15. Race terminus
16. It's what all the world is, in a saying
17. "Queen ___ Day"
18. Toward the sheltered side
19. Word with station or chuck
20. "Before the Next Teardrop Falls" singer

Down

23. Draped Indian garments (Var.)
24. Distributes
28. Under favorable circumstances
32. Detective with a number one son
35. Oddsmaker's last words?
36. Archaic pronoun
37. Take more than one's share of
38. Not just any
39. Bordeaux beau
40. Untold centuries
42. Property encumbrances
44. Eclipse, maybe
45. Negotiate
48. Blew a gasket
49. "The Entertainer" of film
53. Midcalf-length slacks
57. Avoid cancellation
60. Not virtual
61. "Take ___ from me" ("Here's my advice")
62. Sports center
63. "Young Frankenstein" heroine
64. 15th-century maritime name
65. Trivial
66. Opposite of a layabout
67. Person with a list

DOWN

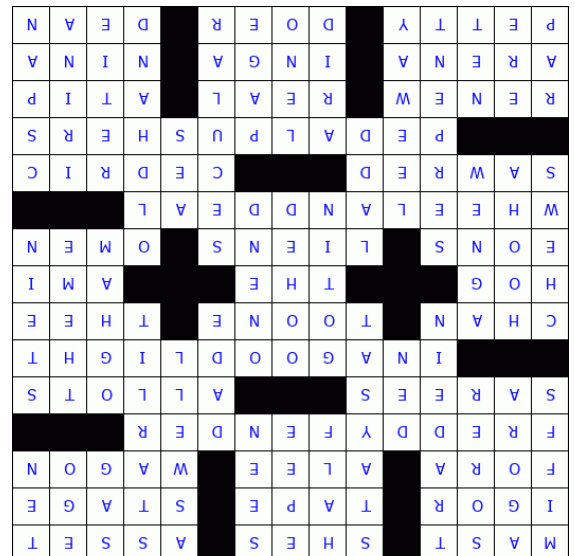
1. Ruffles one's feathers
2. Shopping hub of old Athens
3. Comparatively irate
4. Used car lot item
5. Diligently pursues or resides
6. Fair share, maybe



Down

7. Weapon with a fluted blade
8. Detected
9. Too
10. Like a moonless sky
11. Give in to gravity
12. It may be easily bruised
13. Start of a countdown, perhaps
21. Pride's place
22. Sunshine State county
25. Old Irish writing
26. Signature melody
27. Beer holder
29. Was admitted
30. Expressed amazement
31. Uninterruptedly
32. Masticates
33. Fracas
34. Ford replaced him
41. Biblical reptile
42. Cheryl or Alan
43. Worldly, not spiritual
44. One with lots of experience
46. Elbowroom
47. D.D.E. beat him twice

50. Rally to even the score again
51. One of a Chekhov trio
52. Political buff's cable station
54. Excessively dry
55. Weeknightly monologist
56. Unit of literature
57. Word with sheet or session
58. Obsolete preposition
59. Mosquito barrier



Meryl Streep Movies

Find and circle all of the Meryl Streep movies that are hidden. Remaining 40 letters spell an additional Meryl Streep movie.

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

A CRY IN THE DARK
 ADAPTATION
 BEFORE AND AFTER
 DANCING AT LUGHNASA
 DARK MATTER
 DEATH BECOMES HER
 DEFENDING YOUR LIFE
 DOUBT
 EVENING
 FALLING IN LOVE

HEARTBURN
 IRONWEED
 JULIA
 KRAMER VS. KRAMER
 LIONS FOR LAMBS
 MAMMA MIA
 MANHATTAN
 MARVIN'S ROOM
 MUSIC OF THE HEART
 ONE TRUE THING

OUT OF AFRICA
 PLENTY
 PRIME
 RENDITION
 SHE-DEVIL
 SILKWOOD
 SOPHIE'S CHOICE
 STILL OF THE NIGHT
 THE DEER HUNTER