

2025

# Hebron Senior Center Newsletter

September

## RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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Linda Zaccaro	x 200	Receptionist	Lzaccaro@hebronct.gov

GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.gov

PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

Transportation phone # 860-228-5977

## REMINDER—schools open Thursday, August 28th, give yourself a little extra time

### Hebron Harvest Fair Bus Transportation

Friday, September 5th, transportation to the fair for Hebron/Amston Seniors (60+) \$1 for the bus. Drop off at the fair will be at 11:50 and departure will be at 2:30pm. You must sign-up by 9:30am on Thursday, September 4th, please call 860-228-1700.

### 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 Monday, September 8th. 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 9. This presentation will be lead by our social worker Dennis Farrar and accompanied by Sandy Waldo and Rebecca Tamsin.

### BUS TRIP Big E

Wednesday, September 17th (CT Day) Leave the Senior Center at 8:45 and return approximately 4:00pm. Transportation is \$5. You can purchase your ticket beforehand on-line or at the gate. The price at the gate is \$16 (60 and over). To reserve your spot, call 860-228-1700. Seats are limited

### Discover Excellent Posture and Sound Meditation with Sara M Billings

Friday, September 19, 2025 10:30-12:30pm \$25 Good posture for a class setting, whether standing or sitting, involves aligning your body in a way that minimizes strain and maximizes comfort. It means keeping your head balanced over your shoulders, your shoulders over your hips, and your spine in a natural alignment, avoiding slouching or excessive arching and engaging your core muscles to support your whole body. For example, when sitting, your feet should be flat on the floor or supported by a footrest, and your knees should be at a 90-degree angle, level with or slightly lower than your hips. Sara will teach you an awareness with your body while seated and standing for balance, core strengthening and excellent posture. To register please call us at 860-228-1700.

### Chatham Health Monthly Educational Series

Please join us on Thursday, September 18th at 12:15pm for the topic on dementia. These are always very informative presentations by Chatham Health's Stephanie Reyes. Please call, 860-228-1700 to register. See flyer page 10

### Monthly Blood Pressure Screenings

September, 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.

### Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. Monday, September 8th **The Unlikely Pilgrimage of Harold Fry**, Harold Fry leaves his routine to walk 450 miles to his dying friend, celebrating life and showing how failure and loss shape us. Starring Jim Broadbent and directed by Hettie Macdonald, set in the English countryside. Monday, September 29th **City Island**, Meet the Rizzos, a feuded family in the throws of battle as their bizarre and layered lies unravel. A star-studded cast including Andy Garcia, Julianna Margulies, Alan Arkin, and Emily Mortimer create a perfect storm of deception.

## 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** September 9th & 23rd

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—PLEASE NOTICE ALTERATIONS FOR SHOPPING DAYS

Pre- registration is required by Wednesday at 10am for Thursday trips and by Thursday at 10am for Friday trips. No scheduled shopping on Friday, August 29th, Thursday, September 4th Big Y, Thursday, September 11th Stop & Shop, Friday, September 19th Walmart, Thursday, September 25th Big Y, Thursday, October 2nd Stop & Shop. Pick-ups start at 9am. Please call 860-228-1700.

### Transportation

**New Dedicated Transportation phone # 860-228-5977.** Through the Russell Mercier Senior Center, transportation is available for seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs. Hebron/Amston Residents.

Dial-a-Ride operates on a first-come—first-served basis with a minimum of 24hr notice (48hrs for new riders). Making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments/transportation Senior Center's congregate nutritional lunch program
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)
- Fares are charged for transportation. You can get the fee schedule by calling the senior center.

## Programs and Activities

### **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. September 8th & 29th.** 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 Roczniak 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 September 3rd—October 1st — 9 sessions, \$27. 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 (longer times are available, just ask Linda), for \$25/\$50 accordingly 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 September 4th—September 25th, 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/Save the Date

### **Audrey Carrol Painting Class**

**Wednesday, October 1st and 8th from 12:30pm-2:30pm, cost \$40 for both sessions or \$25 for one.** Join Audrey to create a Fall leaf semi abstract watercolor, with a variety of texture techniques. All levels of painting experience. Call for the supply list. Please sign-up by Monday, September 29th, 860-228-1700.

### **Cardio Drumming**

**Tuesday, October 7th at 10:30am, free class,** but you must pre-register by Monday, October 6th, 10:00am, 860-228-1700. Get ready to move, groove, and have fun with our **Cardio Drumming program!** This high-energy workout combines the rhythm of drumming with simple moves, giving you a full-body exercise that feels more like a dance party than a workout. It's a fantastic way to boost your heart health, improve coordination, and release stress while having a blast with others. Whether you're a beginner or seasoned fitness lover, this program is designed for all levels—so grab your sticks, find your beat, and let's drum our way to better health together! Sponsored by The Residence at Glastonbury. Max of 20 people, so sign-up early.

### **Medicare Open Enrollment / Winter Fuel Assistance**

Wednesday, October 15th—Friday, December 5th—Appointments required, 860-228-1700 ask for Sharon or Dennis

### **Flu Clinic—by Chatham Health.**

**Tuesday, October 21st from 9:00-11:00am.** This will be a vaccination clinic. No registration required, but you do need your insurance card. More detailed information in October newsletter.

### **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](mailto: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**

### **Fire Department Offers New Engagement Tool**

The Hebron Fire Department introduces "Community Connect," an online tool to help the Hebron Fire Department better serve residents and business owners. Community members can create an online account in seconds and add information that the fire department said can help first responders respond more effectively during an emergency. This allows Hebron Fire Department personnel to access information such as property details, people in the home with different abilities, and pet information. Businessowners can update their contact information, property information, and even receive real time text notification of when emergency responders are responding to your facility. The fire department said this tool allows you, the community member, to have direct access to requesting permits, public education, as well as smoke detector battery replacement and installations. To create a free online account, head to [www.communityconnect.io/info/ct-hebron](http://www.communityconnect.io/info/ct-hebron). For more information, call 860-228-3022 ext. 163 or email [contact@hebronfd.com](mailto:contact@hebronfd.com).

### **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](mailto:park1969@comcast.net).

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

### **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

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

### **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.

### **Vacancies on Town Boards, Commissions**

The Board of Selectmen is seeking residents to serve on various town agencies in the Town of Hebron. There are currently vacancies for regular members on the Commission on Aging, Hebron Housing Authority, Public Building Committee and the Hebron Green Committee. There are vacancies for alternate members on the Commission on Aging, Conservation Commission, Economic Development Commission, Public Building Committee, Parks and Recreation Commission, Hebron Green Committee and the Historic Properties Commission. There are three newly created alternate positions on the Board of Assessment Appeals (BAA). The BAA is an official municipal agency designed to serve as an appeal body for taxpayers who believe that the assessor erred in the valuation of their properties or erroneously denied an exemption. The BAA is the first level of appeal from the actions of the assessor. Interested candidates should attend a meeting of the board or commission in which they may have an interest and discuss with the chairman the frequency of meetings and the time commitment involved. All residents of Hebron who are registered to vote are eligible. Letters of interest may be addressed to: The Town Manager's Office, Town of Hebron, 15 Gilead St., Hebron CT 06248. People with questions can call 860-228-5971. For more information, visit [hebronct.com/contact-us/volunteer-opportunities](http://hebronct.com/contact-us/volunteer-opportunities).



# **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

**September 19th**

**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 DEADLINE OCTOBER 1ST**

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 until 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 ext. 204 or Sharon ext. 203

## **Senior Strong Communities—Senior Summit: Bridging Generations: Navigating Care, Connections & Well-being"**

Engaging Workshops / Community Connections / Free Lunch Provided  
Resources to Empower You

Let's build a stronger, more connected community for seniors—together!

**To register go to [www.seniorsstrong.org](http://www.seniorsstrong.org) or for more information**

**September 27 | 9 AM – 3 PM**

At Project Oceanology, 1084 Shennecossett Rd. Groton, CT 06340

We are the STRONG older adults, retirees, seniors, grandparents, whatever fits, of Mystic, CT and surrounding communities. Discover how we are building a stronger community here. Senior Strong Communities is not a retirement home; it's a powerful idea, made into a resource to enrich your life as you age.



## **PLANNING AHEAD PRESENTATION**

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

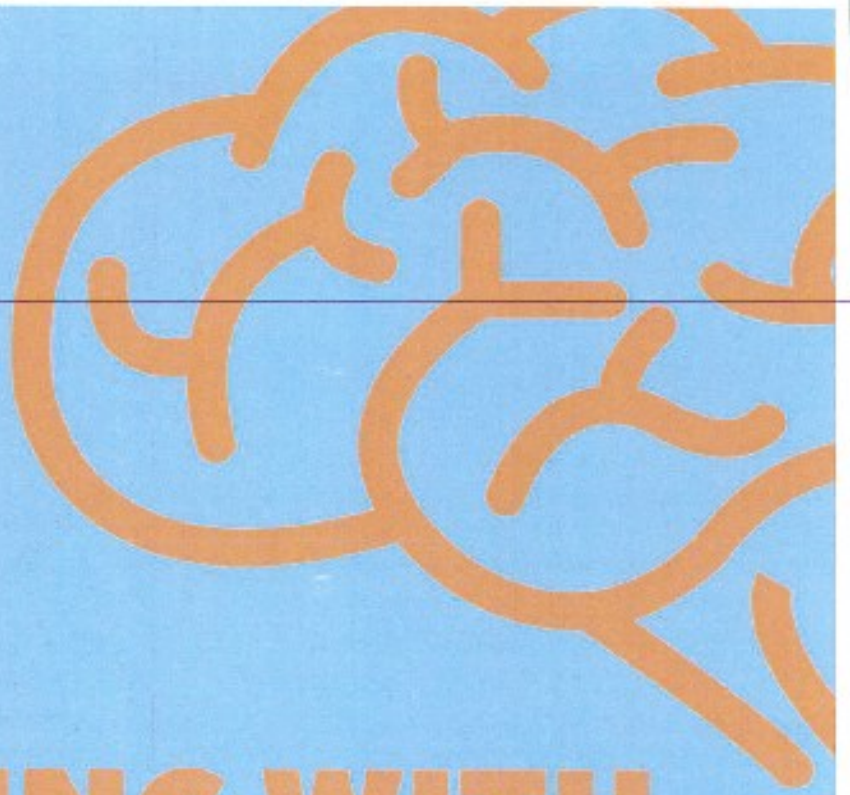
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It is never too soon to prepare for a time when we may need to make informed decisions about our own care. Your presence supports our mission to educate the community about care options.

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

**SEPTEMBER 16<sup>TH</sup> @ 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**.



Join Us For

# CHATTING WITH CHATHAM HEALTH: DEMENTIA

**THURSDAY, SEPTEMBER 18TH**

**12:15PM - 12:45PM**

**HEBRON SENIOR CENTER**

Please contact  
[info@chathamhealth.org](mailto:info@chathamhealth.org)  
with any questions!



# Hebron Senior Center Happenings.....August 2025

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

**Transportation call 860-228-5977**

Mon	Tue	Wed	Thu	Fri
<b>September 1</b>  <p style="text-align: center;"><b>Closed Labor Day</b></p>	<b>2</b> 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	<b>3</b> 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15-11:15 YOGA—New session</b>	<b>4</b> 9:00 Shopping Big Y 9:00—3:00 Exer. Rm <b>10:15-11:15 TAI CHI—New Session</b> 10:15 Sunshine Singers 12:00 Lunch <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg <b>SC Closing at 4PM</b> <b>Hebron Fair Opens 4pm</b>	<b>5</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>Hebron Fair Transportation - 11:30-2:30</b>
<b>8</b> 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 <b>11:25-Noon—Meditation</b> <b>12:30 Movie—The Unlikely Pilgrimage of Harold Fry</b>	<b>9</b> 9:00—3:00 Exer. Rm <b>9:00-1:00 AARP Driving Class</b> 10:00—11:30—Knitting 11:00 Food Truck 1:00—2:15 Card Making 12:00—Lunch 12:45—3:15 Hand & Foot Canasta	<b>10</b> 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>11</b> <b>9:00 Shopping S &amp; S</b> 9:00—3:00 Exer. Rm <b>10:15-11:15 TAI CHI</b> 10:15 Sunshine Singers 12:00 Lunch <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>12</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul
<b>15</b> 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	<b>16</b> 9:00—3:00 Exer. Rm 10:00—11:30—Knitting <b>10:30—Quality of Life Presentation</b> 12:00—Lunch 1:00—2:15 Card Making 12:45—3:15 Hand & Foot Canasta	<b>17</b> <b>8:45-4 Bus trip—Big E</b> 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>18</b> 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:30 BP Clinic 12:00 Lunch <b>12:15—Chatham Health Presentation—Dementia</b> <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>19 9:00 Shopping Walmart</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:30-12:30 Posture &amp; Sound Meditation</b> <b>11:00-Noon Caregiver</b>
<b>22</b> 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	<b>23</b> 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	<b>24</b> 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	<b>25</b> <b>9:00 Shopping Big Y</b> 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>26</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul
<b>29</b> 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 <b>11:25-Noon—Meditation</b> <b>12:30—Movie—City Island</b>	<b>30</b> 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	<b>October 1st</b> 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 <b>12:30-2:30—Painting with Audrey Carrol</b>	<b>October 2nd</b> <b>9:00 Shopping S &amp; S</b> 9:00—3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch <b>12:30-6:30 Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>3</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul

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 pp 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**  
**THE SHIP SHOP**  
705 Blenheim Ave, Blenheim, CT 06032  
860-228-1630 • 860-228-1533

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

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

## How to play

In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

### SOLUTION

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

## Dessert Recipe

### Zucchini Cupcakes

#### Ingredients

- 3 large eggs, room temperature
- 1-1/3 cups sugar
- 1/2 cup canola oil
- 1/2 cup orange juice
- 1 teaspoon almond extract
- 2-1/2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder

- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground cloves
- 1-1/2 cups shredded zucchini

#### FROSTING:

- 1 cup packed brown sugar
- 1/2 cup butter, cubed
- 1/4 cup 2% milk
- 1 teaspoon vanilla extract
- 1-1/2 to 2 cups confectioners' sugar



#### Directions

1. Preheat oven to 350°. Beat together the first 5 ingredients. Combine dry ingredients; gradually add to egg mixture and blend well. Stir in zucchini.
2. Fill 18 paper-lined muffin cups two-thirds full. Bake until a toothpick inserted in center comes out clean, 20-25 minutes. Cool 10 minutes before removing to a wire rack.
3. For frosting, combine brown sugar, butter and milk in a large saucepan. Bring to a boil over medium heat; cook and stir until thickened, 1-2 minutes. Remove from heat; stir in vanilla. Cool to lukewarm.
4. Gradually beat in confectioners' sugar until frosting reaches spreading consistency. Frost cupcakes.

### Chunky Apple Cake

#### Ingredients

- 1/2 cup butter, softened
- 2 cups sugar
- 1/2 teaspoon vanilla extract
- 2 large eggs, room temperature
- 2 cups all-purpose flour
- 1-1/2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 6 cups chopped peeled tart apples
- **BUTTERSCOTCH SAUCE:**
- 1/2 cup packed brown sugar
- 1/4 cup butter, cubed
- 1/2 cup heavy whipping cream

#### Directions

1. In a large bowl, cream the butter, sugar and vanilla. Add eggs, 1 at a time, beating well after each addition. Combine the flour, cinnamon, nutmeg, salt and baking soda; gradually add to creamed mixture and mix well (batter will be stiff). Stir in apples until well combined.
2. Spread into a greased 13x9-in. baking dish. Bake at 350° for 40-45 minutes or until top is lightly browned and springs back when lightly touched. Cool for 30 minutes before serving.
3. Meanwhile, in a small saucepan, combine brown sugar and butter. Cook over medium heat until butter is melted. Gradually add cream. Bring to a slow boil over medium heat, stirring constantly. Remove from the heat. Serve with cake.



## Recipes

### BRUSCHETTA QUINOA ZUCCHINI BOATS

#### Ingredients

- 1 ½ cups cooked quinoa
- 1 pint tomatoes, halved or quartered
- 1 shallot, diced
- 4 garlic cloves, minced
- ¼ cup finely grated parmesan cheese, plus extra for sprinkling
- 2 tablespoons olive oil
- 2 tablespoons chopped herbs, like basil or parsley, plus more for sprinkling
- kosher salt and pepper
- 4 medium zucchini, sliced in half lengthwise
- balsamic glaze, for drizzling
- 4 ounces fresh mozzarella cheese, chopped

#### Directions

1. Preheat the oven to 400 degrees F.
2. In a bowl, stir together the cooked quinoa, tomatoes, shallot, garlic, parmesan, olive oil, herbs and a big pinch of salt and pepper. Stir until combined. Taste and season more if needed. You really want to season each layer of this (the zucchini and the quinoa!).
3. Slice each zucchini in half lengthwise. Place them on a baking sheet. Scoop out the center using a spoon to create a well. You can discard this zucchini or stir it into the quinoa if you don't want to waste it.
4. Sprinkle each zucchini boat with salt, pepper and garlic powder. Drizzle each with balsamic glaze. Scoop the quinoa mixture into the center of the zucchini and repeat with each one. Top each boat with a few cubes of fresh mozzarella.
5. Bake for 20 to 25 minutes, or until the cheese is melty and bubbly. Remove and sprinkle with extra parmesan cheese and herbs. Drizzle with more balsamic glaze if you'd like. Serve immediately.



### ROASTED BROCCOLI TOAST WITH RED PEPPER AND LEMON

#### Ingredients

- 2 cups broccoli florets
- olive oil or avocado oil spray
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- pinch of garlic powder
- ½ whole lemon, zest freshly grated and cut into wedges
- 1 to 2 tablespoons olive oil
- 2 to 4 slices sourdough bread, toasted
- ½ to 2/3 cup ricotta cheese, or cottage cheese!
- ½ teaspoon crushed red pepper flakes

#### Directions

1. Preheat the oven 425 degrees F. Line a baking sheet with foil and spray with nonstick spray.
2. Place the broccoli on the sheet and spray with the olive oil (or your favorite oil for spritzing). Sprinkle with the salt, pepper and garlic powder.
3. Roast for 20 to 25 minutes, or until the broccoli is golden brown.
4. While the broccoli is roasting, whisk together the olive oil and lemon zest in a bowl. Toast your bread.
5. Place the ricotta cheese in a food processor and blend until smooth and creamy and whipped.
6. To assemble the toast, spread the ricotta cheese on top (as much as you'd like!). Top generously with the roasted broccoli. Drizzle on the lemon zest olive oil. Sprinkle with some crushed red pepper flakes. Serve with the lemon wedges for spritzing.
7. Serve immediately!



### 5-INGREDIENT BARBEQUE MEATLOAF

#### Ingredients

- 1 sleeve (about 29) buttery round crackers such as Ritz, crushed to fine crumbs
- 1 cup barbecue sauce, divided
- 2 large eggs
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 pounds ground beef, 10 to 20% fat
- 1 medium sweet onion, grated on the large holes of a box grater (about 3/4 cup)

#### Directions

1. Preheat the oven to 350°F and line a rimmed baking sheet with parchment paper. In a large bowl, combine the cracker crumbs, 1/2 cup of the barbecue sauce, eggs, salt, and pepper. Stir and set aside for 10 minutes to soften. Once the cracker crumbs are moistened, add the ground beef and grated onion and stir or mix with clean hands to thoroughly combine.
2. Put the meatloaf mixture in the middle of the prepared baking sheet and form it into a 9 x 5-inch loaf. Bake the meatloaf for 30 minutes.
3. Spread the remaining 1/2 cup of barbecue sauce on top of the partially-baked meatloaf, then continue to bake until the center of the meatloaf reads 160°F on an instant-read thermometer, 25 to 35 more minutes.
4. Let the meatloaf cool on the baking sheet for 5 minutes so it slices more neatly.



**Across**

- 1. Agnetha, Bjorn, Benny and Anni-Frid
- 5. Putting to work
- 10. Regarding
- 14. Spoils
- 15. Amos or Andy, e.g.
- 17. Expression of concern
- 18. Part 1 of a quip
- 19. 1983 Keaton film
- 21. Barcelata's "Maria \_\_\_"
- 22. Employ busily
- 23. Miss Piggy's favorite word
- 25. "\_\_\_ the season ..."
- 27. Part 2 of the quip
- 36. Yoko
- 37. Kitchen utensil
- 38. "Put ye in the sickle, for the harvest is \_\_\_" (Joel 3:13)
- 39. Quaker leader
- 41. "\_\_\_ too bad"
- 43. Before now, in olden days
- 44. Kett of the comics
- 45. Tapestry
- 47. \_\_\_, Daman and Diu
- 48. Part 3 of the quip
- 52. Female lobster
- 53. Marina \_\_\_ Rey, California
- 54. Word with falling or flat
- 57. Pass into law
- 61. Exercise, as power
- 65. End of the quip
- 68. March Madness org.
- 69. People of the Old Testament
- 70. Do pull-ups
- 71. Piquancy
- 72. Stalks
- 73. Make use of a pawnshop

**DOWN**

- 1. Styptic pencil ingredient
- 2. Physics Nobelists Niels
- 3. Bust alternative
- 4. Expecting visitors, maybe
- 5. Conjuror Geller
- 6. Umpire's call
- 7. Teen Beat cover subject
- 8. Opera setting for "Aida"
- 9. Choose, as a career
- 10. Serena's serve, sometimes
- 11. Octagonal traffic sign
- 12. Work hard
- 13. Gateway to Paris

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15					16				
17					18									
19				20		21						22		
			23		24			25		26				
27	28	29				30	31	32				33	34	35
36				37							38			
39			40		41			42		43				
44						45			46		47			
48				49	50						51			
			52					53						
54	55	56		57		58	59	60		61		62	63	64
65			66						67		68			
69											70			
71					72						73			

**DOWN**

- 11. Octagonal traffic sign
- 12. Work hard
- 13. Gateway to Paris
- 16. Serve the purpose
- 20. Terrarium growth
- 24. "\_\_\_ ain't broke ..."
- 26. Term for a king
- 27. Dealt with successfully
- 28. And \_\_\_ grow on
- 29. Casino game
- 30. Postsurgical program
- 31. Egg-producer
- 32. Paris subway
- 33. Sign of summer's end
- 34. English racetrack site
- 35. Plant parts
- 40. Humorist Ogden
- 42. Uttered
- 46. Did away with
- 49. American naturalist and explorer William
- 50. Historical chronicles
- 51. Assure, as a pennant
- 54. "Think nothing \_\_\_"
- 55. Heavenly bear
- 56. In tatters

- 58. "This won't hurt \_\_\_!"
- 59. Provide with a summons
- 60. Abound
- 62. Repeat
- 63. Secular
- 64. Like some basements
- 66. GQ for one
- 67. Hissing sound

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

# Back to School

Find and circle all of the School related words that are hidden in the grid. The remaining letters spell a Mark Twain quotation.

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

ASSIGNMENTS  
 BACKPACK  
 BATHROOM  
 BELL  
 BINDER  
 CAFETERIA  
 CHALKBOARD  
 CLASSROOM  
 CLOCK  
 COURSES  
 DESK  
 DOORS  
 ENROLL

ERASER  
 EXAMS  
 FIRST DAY  
 GYMNASIUM  
 HALLWAY  
 HOMEWORK  
 INTERCOM  
 JANITOR  
 LANGUAGE ARTS  
 LEARNING  
 LIBRARY  
 LOCKER

LUNCHROOM  
 MATH  
 NEW FRIENDS  
 NOTEBOOK  
 NURSE  
 OLD FRIENDS  
 PADLOCK  
 PAPER  
 PENCILS  
 PENS  
 PRINCIPAL  
 QUIZZES

ROLL CALL  
 RULES  
 SCHOOL BUS  
 SCHOOL OFFICE  
 SCHOOLYARD  
 SCIENCE  
 SECRETARY  
 SEPTEMBER  
 SOCIAL STUDIES  
 STUDENT  
 STUDY  
 TEACHER