

2025

Hebron Senior Center Newsletter

October

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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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

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. More information on page 3.

Vaccination Clinic—provided by Chatham Health.

Tuesday, October 21st from 9:00 -11:00am at the Hebron Senior Center, 12 Stonecroft Dr. Hebron. There will be various vaccinations available, please see flyer on page 8. No registration required, but you do need your insurance card. Most major insurance accepted.

Bus Trip—Newport Mansions Decorated for Christmas See Flyer Page 9

Travel with Friendship Tours, Friday, December 5th—Newport Mansions—The Marble House & The Breakers with lunch at the Wyndham Atlantic Resort. Only 2 spots remain.

Chatham Health Monthly Educational Series

Please join us on Thursday, October 16th at 12:15pm, topic to be determined. These are always very informative presentations by Chatham Health's Stephanie Reyes. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

Thursday, October 16th, 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, October 6th Thursday Murder Club**, Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands, starring Helen Mirren, Pierce Brosnan, and Ben Kingsley. **Monday, October 20th The Ballad of Wallis Island** follows Charles, an eccentric lottery winner who lives alone on a remote island and dreams of getting his favorite musicians, McGwyer Mortimer back together. His fantasy turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig.

Sunshine Singers Monster Mash

Thursday, October 30th 11:45am, come dressed in your best costume and sing-a-long with the Sunshine Singers to fun Halloween/seasonal songs. Contest for best costume and a Halloween treat provided. To sign-up call 860-228-1700. Costumes encouraged, but not required. Come have some fun and get into the Halloween spirit.

HEBRON COMMISSION ON AGING

Members: Chairperson Sandy Waldo, Cathy Litwin, Jo Souza, Rebecca Tamsin, & Margaret Gibbs
2 open seats for alternates

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, November 5, 2025 - 8:30am at the Senior Center

The Commission on Aging continuously studies the conditions and needs of the elderly persons in the community and makes recommendations. The commission meetings are open to the public.

Food Bank and Mobile Food Truck Schedule

Food Bank Phone Number 860-228-1681

Hebron Interfaith Human Services, the home of the Hebron Food Pantry

Please visit us at 26 Pendleton Drive, Hebron.

Dedicated to serving the needs of Hebron and surrounding communities through our client choice food pantry.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm

Foodshare mobile produce van is every other Tuesday from 11:15-11:45 at the Church of Hope/

Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags.

To talk to us about any of our services please call 860-228-1681.



Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation October 7th & 21st

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 TO SHOPPING DAYS

Pre- registration is required by noon the day before the trip; Thursday, October 2nd Ted's if needed, Thursday, October 9th Big Y Pick-ups begin at 12:15pm, Friday, October 17th Walmart—pick-ups begin at 11am, Wednesday, October 22nd Stop & Shop pick-ups begin at 10am, and Wednesday, October 29th Big Y—pick-ups begin at 10am. 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.

Medicare Open Enrollment (will soon be upon us)

The **Open Enrollment period takes place annually from October 15 through December 7**. This is your opportunity to review all of your options and decide to stay with your current plan, or switch to another plan, or change the way that you receive your Medicare benefits.

People with Medicare can get their coverage through either Original Medicare or Medicare Advantage Plans. With each of these options, there are pros and cons and differences in costs, provider access, referral processes, and out-of-pocket limits. Medicare Advantage Plans typically include drug coverage and often provide some vision, hearing, and dental coverage. Original Medicare does not include drug coverage, therefore, a Prescription Drug Plan is needed to provide this coverage. Additionally, Medicare does not cover vision, hearing or dental services – riders providing cover are often available through Medicare Supplemental Insurance (Medigap Plans)

Navigating Medicare can be complicated. Every state has a State Health Insurance assistance Program (SHIP). Connecticut chooses to call their State Health Insurance assistance Program CHOICES. CHOICES provides free, unbiased health insurance counseling to people with Medicare, helping you to understand benefits, compare options, and make informed decisions about your coverage. When you contact your local CHOICES certified counselor, you will be provided with one-on-one guidance based on your unique situation and needs

Your needs, and plan options, change over time, so it is important to review your Medicare choices every year during Medicare Open Enrollment to ensure that you are enrolled in the best plan for you

Hebron residents can contact your local CHOICES counselor at the Russell Mercier Senior Center to set up a one-on-one appointment by calling 860-228-1700. Appointments available October 15th—December 5th, since December 7th is a Sunday, please do not wait.

Could You Use Some Help With Your Electric and Home Heating Bill?

The CT Energy Assistance Program (CEAP) can provide assistance with your home heating bill whether you heat with oil, propane, electricity, natural gas, pellets, wood, etc. The first day for authorization of a deliverable heating source (oil, propane, pellets, wood, etc.) is November 3, and the last day for an authorization of a deliverable heating source (oil, propane, pellets, wood, etc.) is April 1, 2026. The last day that a household heating with electricity or natural gas can apply to establish eligibility is May 29, 2026.

In order to qualify for the CT Energy Assistance Program, your household's gross income from all sources cannot exceed the following;

Family Size	1	2	3	4	5	6
Maximum Annual Gross Income	\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247

The award amount toward your home heating expense varies depending on your income according to a graduated income scale .

Additionally, whether you heat with electricity or not, you may be eligible for Eversource's Low-Income Discount Rate. Your discount will depend on your annual household income and/or receipt of various public assistance programs.

Please contact the Senior Center at 860-228-1700 for more information regarding these programs, documentation needed, and/or to apply.

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

NOTE NEW TIME Starting at 10:15. October 6th & October 20th. 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

Moving to one day per week on Thursdays. Laurie has a new work commitment requiring a change to her teaching schedule. Yoga will now be Thursdays from 9:00am—10:00am. **The new session will be October 9th—October 30th—4 sessions, \$12. 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 October 2nd –October 30th, 5 sessions \$15. 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—all levels of experience welcome

Friday, November 7th and 14th from 12:30pm-2:30pm, cost \$40 for both sessions or \$25 for one. The theme will be posted in the November newsletter, but as always it will be creative and fun. All levels of painting experience. Call for the supply list. Please sign-up by Monday, September 29th, 860-228-1700.

Veterans Appreciation Lunch

Wednesday, November 12th 11:45am (doors open at 11:30am). We will be hosting a free lunch for local veterans and a guest, you must pre-register by Friday, November 7th. The menu will consist of pulled BBQ chicken, Hawaiian sandwich roll, baked beans, coleslaw, dessert, coffee and tea. To register, please call 860-228-1700.

On Yoga: The Architecture of Peace—a documentary by Michael O'Neil

Please join our yoga instructor Laurie Pasteryak on Monday, November 24th at 10:15 to view the documentary On Yoga: The Architecture of Peace followed by a discussion. It will be a "yoga gratitude party" in honor of the Thanksgiving holiday week. Since there will be no yoga class on that Thursday it will be a different type of gathering, a movie + discussion (known as "satsang"). It is free, but if you plan on coming, please pre-register for set-up purposes, but drop-ins are welcome too. You do not have to be in the yoga class, this is open to anyone. To register 860-228-1700

AARP Safe Driving Class

Tuesday, December 16th 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, December 15th 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.

Mindful Moves for a Calm Holiday

The holidays can be joyful, but they can also bring added tension, to-do lists, and emotional overwhelm. This gentle movement session is designed to help you reconnect with your body, release built-up stress, and restore a sense of calm. Through mindful stretching, breathwork, and easy-to-follow movement, you'll create space for peace amid the holiday hustle. No experience needed — just bring yourself, a comfortable space to move, and a willingness to unwind. 2 hours - \$25 each guest

RHAM Bingo expected to return in November, stay tuned

What's Happening In the Community

Harvest Moon Festival

Saturday, Oct. 18, 1:30-6:30 p.m. Join TTCP along Main Street for some fall Halloween fun for the whole family. There will be a Jack-o'-lantern Carving Contest (bring and register your pumpkins by 6 p.m.), Scarecrows Along Main on-site voting, Monster Smash and Haunted Mini Golf at the Library have all been confirmed. The RHAM Drama Club and its spooky production team will be returning, as will Famous Legion burgers. Also, there will be illusionist Chris Lengyl, hand-selected vendors, and of course, trick-or-treating along Main Street. Rain date is Sunday, Oct. 19. Want to help plan the event? Organizational meetings are held Saturdays at Douglas Library, at 10:30 a.m.

Hebron Creative Collective

The Hebron Creative Collective, a group of resident artists who work in a variety of media, is looking for new members. The mission is to inspire, support and share creative skills with fellow artists, to engage the public through demonstrations, teaching and exhibiting art, and to beautify the town. The ultimate goal is for Hebron to have an arts center. Until that day, Collective members are working on projects to bring art to the community and develop a lively and engaging art scene in town. The Hebron Creative Collective meets the first Monday of the month at 6 pm at the Senior Center.

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. Business owners 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. For more information, call 860-228-3022 ext. 163 or email contact@hebronfd.com.

National Take-Back Day

AHM Youth and Family Services' Coalition for a Healthy and Empowered Community (CHEC), in partnership with the Connecticut State Police, will host a free Take-Back Event **Saturday, Oct. 25, from 9 a.m.-noon**, at RHAM High School, 85 Wall St., Hebron. CHEC and the state police host free Take-Back Events in spring and fall for community members to properly dispose of old and unneeded prescriptions, over-the-counter medications, and vitamins anonymously.

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

October 3 & 4 Pumpkin Festival *** (Hebron Historical Society)

October 18 Harvest Moon

November 15 Pork Tenderloin Dinner (WAIM)

December 6 St. Nicholas Fair *** (Oak Hill/Hemlock)

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

Bereavement Support Group

The Grief Journey: A Bereavement Support Group will be held Wednesdays from 7-8:30 p.m. beginning Oct. 1, at the Church of the Holy Family Parish House, 185 Church St. The group will be facilitated by grief educators Michael Glazier and Stephanie Haines. All grieving adults are welcome, whether your loss is recent or past and you may come to one session or as many as you would like. This support group is non-denominational and is a collaborative effort of the Hebron faith communities. There is no registration.

Hebron Lions Winter Storage Available

As the seasons change and residents begin preparing to store their recreational vehicles, the Hebron Lions Club has prepared its fairgrounds on Route 85 and is ready to announce the availability of limited indoor and barn storage, along with virtually unlimited outdoor space, for cars, boats, trailers, and campers. The initiative is part of a fundraising effort to support the Lions' ongoing charitable programs, which include youth services, local aid, and community development projects. Indoor, barn, and outdoor spaces are available, and facilities are secure and monitored. Space for indoor and barn storage is limited, and demand is expected to be high as winter approaches. Outdoor storage remains widely available. Interested residents are encouraged to contact Mike Beau-lieu at 860-712-6713 for more information and for rates, or to reserve a spot. The Hebron Lions Club is a part of Lions Clubs International. For more information on upcoming events or volunteer opportunities, email volunteers@hebronharvestfair.org.

Election Day Info

Election Day is Tuesday, Nov. 4. This year, there will be 14 days of Early Voting beginning on Monday, Oct. 20. Early voting is conducted at the Hebron Town Office Building, 15 Gilead St. You can check your voter registration status by going online to: portaldir.ct.gov/sots/LookUp.aspx If you are not registered to vote, you have options. You may register to vote online at voterregistration.ct.gov/OLVR/welcome.do. Or you can come into the registrar of voter's office at 15 Gilead St. and complete a voter registration card. Voter registration cards can also be found at the Douglas Library and for RHAM students who will be 18 years of age by Election Day, registration cards are available at RHAM High School

What's Happening In the Community

Conversation with Democratic Candidates

All are invited to a Community Conversation with local Democratic Candidates on Wednesday, Oct. 1, at 7 p.m., at Russell Mercier Senior Center, 12 Stonecroft Drive. Board of Selectmen candidates Tiffany Thiele and Jan Lawrence, Board of Finance candidates Adam Ockman and Ryan Herrick, and Planning & Zoning Commission candidates David Sousa and alternate Davis Howell will all be present. This is your chance to learn more about the candidates' visions for Hebron, ask questions, and be part of the conversation about the community's future. For more information, visit hebrondems.com

HGTCF Grant Applications Due

The Hebron Greater Together Community Fund (HGTCF) is reminding people the deadline for grant applications is Oct. 1. Applications can be found on the fund website, www.hfpg.org/donors/ways-to-give/community-funds/hebron. You need to be a part of a 501(c)3 or to have a local charity act on your behalf to receive a grant. For more information on the fund or to apply, check out www.hfpg.org/donors/ways-to-give/community-funds/hebron.

Senior Bowling League

Calling all seniors in the nine Rivereast towns! A brand-new Monday Morning Senior Bowling League is forming now and will start Sept. 29. The league is designed for those who have not bowled in over 30 years. Contact Jack Anderson for more information, at 860-882-3752 or jackande52@aol.com.

Marlborough Lions' Masquerade 5K

The Marlborough Lions will hold their annual Masquerade 5K Road Race Sunday, Oct. 26, starting promptly at 10 a.m. This 5K will feature runners in costume and will follow the same course around Lake Terramuggas as the Lions' Memorial Day weekend race. The race will utilize electronic timing with computerized race results and the course is now a certified 5K. The entry fee is \$30 per runner for pre-registration and \$35 on the day of the race. Shirts will be provided to those who pre-register by Oct. 13, with additional shirts being available on race day subject to availability. There is also a \$60 package price (\$65 on the day of the race) for families of up to four (immediate family members only) participating in the race. Same-day registrations are accepted. Runners will start near the entrance to Blish Park on Park Road and will proceed on a course which circles Lake Terramuggas. The Lions Club supports programs which address various issues including blindness, drug abuse prevention and diabetes awareness in addition to supporting local organizations such as the Marlborough Food and Fuel Banks and providing vision screening for students at Marlborough Elementary School. To register or for additional information, contact Lions Club President Jean Paul Bolduc at 860-798-2054 or jpabolduc@icloud.com. Registration forms are available online at runsignup.com/Race/CT/Marlborough/Masquerade.



HEBRON DOG PARK
52 Kinney Road

GRAND OPENING CELEBRATION!!

Saturday, September 27
9:30am
52 Kinney Road

PARKING IS LIMITED
ADDITIONAL PARKING IS AVAILABLE AT
MILLSTREAM AND CHURCH STREET

HEBRON
PARKS AND RECREATION
<https://hebronct.recdesk.com>



HEBRON PARKS AND RECREATION PRESENTS

TRUNK OR TREAT
AT VETERAN'S PARK

FRIDAY, OCTOBER 24TH
5:00PM - 7:00PM

JOIN US FOR A NIGHT OF TRUNK OR TREATING, PUMPKIN DECORATING, BOUNCE HOUSES, WAGON RIDES AND FOOD TRUCKS!

DECORATED VEHICLES NEEDED!
CALL/EMAIL NOW TO REGISTER YOUR VEHICLE!
860-530-1281 OR
JMAY@HEBRONCT.GOV

All cars must be parked by 4:45

HEBRON
PARKS AND RECREATION
[HEBRONCT.RECDESK.COM/COMMUNITY](https://hebronct.recdesk.com/COMMUNITY)

Vaccination Clinic

For ages 3 and older

TUESDAY, OCTOBER 21ST

9:00AM - 11:00AM

HEBRON SENIOR CENTER

14 STONECROFT DR, HEBRON

We will have Flu, COVID, RSV, Shingles, and Pneumococcal vaccines available. Please bring your insurance card and ID. Most major insurances are accepted, we do not accept VA or Hospice insurance. For more information, please visit our website:



*Please contact 860-365-0884 or
info@chathamhealth.org with any questions!*





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

October 17th

11:00am

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

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 06108
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.

Hebron Senior Center Happenings.....October 2025

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
September 29 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—City Island	30 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	October 1st 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 12:30-2:30—Painting with Audrey Carrol	October 2nd Shopping—Ted's if needed time TBD 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	3 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul
6 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul (yoga moved to Thursdays) NEW TIME 10:15-10:45— Meditation 12:30 Movie—Thursday Murder Club	7 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10:30 Cardio Drumming 11:00 Food Truck 1:00–2:15 Card Making 12:00—Lunch 12:45–3:15 Hand & Foot Canasta	8 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul (yoga moved to Thursdays) 12:30-2:30—Painting with Audrey Carrol	9 9:00–10:00 Yoga—New Session 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 12:15 Shopping Big Y 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul Shopping see Thursday, Oct. 9th
13 CLOSED FOR COLUMBUS DAY	14 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	15 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul (yoga moved to Thursdays)	16 9:00–3:00 Exer. Rm 9:00–10:00 Yoga 10:15-11:15 TAI CHI 10:15 Sunshine Singers 11:30 BP Clinic 12:00 Lunch 12:15—Chatham Health 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00 Shopping— Walmart 11:00-Noon Caregiver Support Group
20 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul NEW TIME 10:15-10:45 Meditation 12:30 Movie—The Ballad of Wallis Island	21 9:00–3:00 Exer. Rm 9:00-11:00 Flu Clinic 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	22 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping S & S	23 9:00–10:00 Yoga 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	24 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul Shopping see Wednesday October 22nd
27 9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul	28 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	29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00 Shopping - Big Y	30 9:00–10:00 Yoga 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 11:45 Sunshine Singers Halloween Fun 12:30-6:30 Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	31 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul Shopping see Wednes- day, Oct. 29th

Shifting from Summer to Fall

As summer's warmth begins to wane and the crisp air of fall starts to set in, many of us find ourselves transitioning not just in terms of weather but in our mental and emotional well-being. The shift from summer to fall brings a change in routines, shorter days, and varying light levels, all of which can impact our mental health. Understanding and addressing these changes can help ensure a smooth transition and promote overall well-being.

The Seasonal Shift: What to Expect

With the transition from summer to fall, several changes occur that can influence mental health:

- **Reduced Daylight:** The decrease in daylight hours can affect your mood and energy levels. Many people experience what is known as Seasonal Affective Disorder (SAD), a type of depression that occurs at certain times of the year, often starting in the fall and continuing into the winter.
- **Change in Routine:** As summer vacations end and school starts, routines shift. This transition can create stress or anxiety, especially for families or individuals who thrive on a structured routine.
- **Temperature Fluctuations:** The cooler temperatures of fall can be a welcome relief from summer's heat, but they can also lead to a period of adjustment. The drop in temperature can affect physical comfort, which can, in turn, impact mental well-being.

Embracing the Fall Transition: Tips for Mental Wellness

The shift from summer to fall can be a time of renewal and reflection. Here are some tips to help manage mental health during this transition:

1. **Stay Active:** Exercise has been shown to boost mood and reduce symptoms of depression. As the weather cools, find activities you enjoy, whether it's hiking in nature, joining a fall sports league, or trying out a new fitness class.
2. **Get Outside:** Take advantage of the fall weather by spending time outside. Natural light and fresh air can help regulate your sleep patterns and improve your mood.
3. **Maintain a Routine:** Establishing a consistent daily routine can provide structure and stability. This can be especially helpful as you transition from the relaxed pace of summer to the more structured fall schedule.
4. **Practice Mindfulness:** Fall is a great time to focus on mindfulness and self-care. Practices such as meditation, yoga, or journaling can help manage stress and promote mental well-being.
5. **Connect with Others:** Social connections are crucial for mental health. As the days get shorter, make an effort to stay connected with friends and family, whether through regular phone calls, virtual hangouts, or safe in-person gatherings.
6. **Prepare for the Winter Months:** As fall progresses, start preparing for winter. This might include adjusting your home environment, seeking out light therapy options, or planning activities that will keep you engaged and positive during the darker months.

Embracing the Season

Fall offers its own unique beauty and opportunities for growth. Embrace the changing season by focusing on what you can control and finding ways to make the most of this time of year. By acknowledging the impact of seasonal changes on mental health and taking proactive steps, you can navigate the transition with greater ease and resilience.

As summer fades into fall, remember that you're not alone in experiencing these shifts. By staying mindful of your mental health and making self-care a priority, you can welcome the new season with a sense of renewal and well-being.

Sudoku

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

How to play

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

SOLUTION

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

Dessert Recipe

Pumpkin Bread Pudding

Ingredients

- For the pumpkin bread pudding
- 1 pound loaf sourdough or artisan bread (12 cups bread chunks)
- 5 eggs
- 2 cups whole milk
- 1 cup pumpkin puree
- ¾ cup brown sugar
- ½ cup granulated sugar

Directions

1. Preheat the oven to 350 degrees Fahrenheit. Butter or grease a 9 x 13-inch baking dish.
2. Cut or tear the bread into 1-inch squares. Place it in the baking dish and place in the preheating oven for 5 to 10 minutes until lightly dried but not browned.
3. Meanwhile, whisk the eggs. Then whisk in the milk, pumpkin puree, brown sugar, granulated sugar, vanilla, pumpkin pie spice, and salt. Pour it over the bread in the pan and mix it with your hands until fully coated.
4. Place in the oven and bake 45 to 50 minutes, until it is puffed and golden and you can no longer see standing liquid. Allow to cool for at least 15 minutes before serving. Make ahead: This recipe is great made ahead: make it day of and allow to sit at room temperature until serving, or make it 1 day in advance and refrigerate. If you'd like, you can crisp up the top by reheating it in a 350 degree oven until warmed.
5. Make the bourbon sauce: Prior to serving, in a small saucepan, whisk together all bourbon sauce ingredients over medium heat. When it starts to simmer, simmer lightly bubbling for 3 minutes, maintaining the heat at medium to medium low so that it doesn't bubble heavily. Once it turns golden brown at about 3 minutes, taste and make sure the flavor is caramelly with a hint of bourbon (the bite of the bourbon should be cooked out). Remove from the heat and strain it into a pitcher. Makes ¾ cup; make up to 3 days in advance, refrigerate, and warm over medium heat before serving.

- ½ tablespoon vanilla extract
 - 1 ½ tablespoons pumpkin pie spice
 - 1 pinch salt
- For the bourbon sauce
- ½ cup granulated sugar
 - ¼ cup whole milk
 - ¼ cup salted butter
 - 2 tablespoons bourbon
 - 1 teaspoon vanilla extract



Caramel Apples

Ingredients

- 1 cup butter
- 2 cups packed brown sugar
- 1 cup light corn syrup
- 1 can (14 oz) sweetened condensed milk
- 1 teaspoon vanilla extract
- 8 wooden sticks:
- 8 medium tart apples
- Unsalted peanuts, chopped, optional

Directions

1. In a heavy 3-qt. saucepan, combine butter, brown sugar, corn syrup and milk; bring to a boil over medium-high heat. Cook and stir until mixture reaches 248° (firm-ball stage) on a candy thermometer, 30-40 minutes. Remove from the heat; stir in vanilla.
2. Insert wooden sticks into apples. Dip each apple into hot caramel mixture; turn to coat. Set on waxed paper to cool. If desired, roll bottoms of dipped apples into chopped peanuts.



Recipes

Slow Cooker Chicken & Dumplings

Ingredients

- 6 boneless skinless chicken thighs, chopped
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1 tablespoon canola oil
- 3 celery ribs, chopped
- 2 medium carrots, peeled and chopped
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 1/3 cup all-purpose flour
- 4 cups chicken broth, divided
- 2 bay leaves
- 1 teaspoon dried thyme
- **DUMPLINGS:**
- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup whole milk
- 4 tablespoons melted butter

Directions

1. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Meanwhile, in a large skillet, heat oil over medium-high heat. Add chicken; cook and stir until no longer pink, 6-8 minutes. Transfer to a 6-qt. slow cooker.
2. In same skillet, cook celery, carrots and onion until tender, 6-8 minutes. Add garlic, tomato paste and remaining salt and pepper; cook 1 minute. Stir in flour; cook 1 minute longer. Whisk in 2 cups chicken broth; cook and stir until thickened. Transfer to slow cooker. Stir in bay leaves, thyme and remaining chicken broth.
3. For dumplings, whisk together flour, baking powder, salt and pepper in a large bowl. Stir in milk and butter to form a thick batter. Drop by 1/4 cupfuls over chicken mixture. Cook, covered, on low until bubbly and dumplings are set, 6-8 hours. Discard bay leaves. Remove insert and let stand, uncovered, for 15 minutes.



Melt-in-Your-Mouth Pot Roast

Ingredients

- 1 pound medium red potatoes, quartered
- 1 cup fresh baby carrots
- 1 boneless beef chuck roast (3 to 4 pounds)
- 1/4 cup Dijon mustard
- 2 teaspoons dried rosemary, crushed
- 1 teaspoon garlic salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/3 cup chopped onion
- 1-1/2 cups beef broth
- Minced fresh thyme, optional

Directions

1. Place potatoes and carrots in a 5-qt. slow cooker. Cut roast in half. Combine the mustard, rosemary, garlic salt, thyme and pepper; rub over roast.
2. Place in slow cooker; top with onion and broth. Cover and cook on low until meat and vegetables are tender, 6-8 hours. If desired, top with minced thyme.



Spaghetti Squash Meatball Casserole

Ingredients

- 1 medium spaghetti squash (about 4 pounds)
- 1/2 teaspoon salt, divided
- 1/2 teaspoon fennel seed
- 1/4 teaspoon ground coriander
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 pound lean ground beef (90% lean)
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 cups chopped collard greens
- 1 cup chopped fresh spinach
- 1 cup reduced-fat ricotta cheese
- 2 plum tomatoes, chopped
- 1 cup pasta sauce
- 1 cup shredded part-skim mozzarella cheese

Directions

1. Cut the squash lengthwise in half; discard seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high until tender, for 15-20 minutes. Cool slightly.
2. Preheat oven to 350°. Mix 1/4 teaspoon salt with remaining seasonings; add to beef, mixing lightly but thoroughly. Shape into 1-1/2-in. balls. In a large skillet, brown meatballs over medium heat; remove from pan.
3. In same pan, heat oil over medium heat; saute onion until tender, 3-4 minutes. Add garlic; cook and stir 1 minute. Stir in collard greens, spinach, ricotta and remaining salt; remove from heat.
4. Using a fork, separate strands of spaghetti squash; stir into greens mixture. Transfer to a greased 13x9-in. or 3-qt. baking dish. Top with the plum tomatoes, meatballs, sauce and cheese. Bake, uncovered, until meatballs are cooked through, 30-35 minutes.



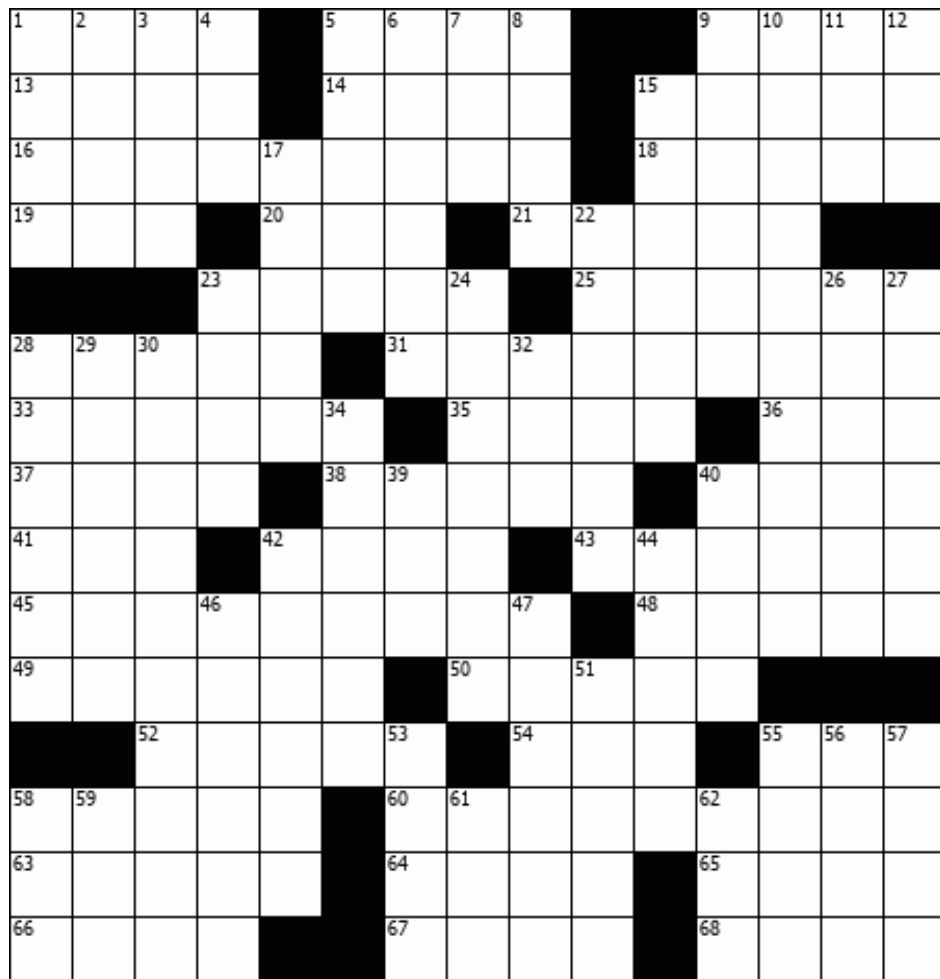
Across

- 1. Talk big
- 5. Yin counterpart
- 9. Certain advanced degrees (Abbr.)
- 13. Continental cash
- 14. Sigmund's daughter
- 15. Get on, as a horse
- 16. They're a form of consumer protection
- 18. Ship's lowest deck
- 19. They may pop up while you browse
- 20. Human ending
- 21. Coffin, in architecture
- 23. Make tea
- 25. Bank, at times
- 28. California white oak
- 31. One of a temporary 20 in children
- 33. Obtain, as support
- 35. Cows' digs
- 36. Where you may see a suricate
- 37. It can be ear-piercing
- 38. Goad
- 40. Australian Prime Minister Sir George
- 41. Employment ad letters
- 42. Tabloid topic, often

- 43. First female to swim the Channel
- 45. She's more than a babysitter
- 48. Cartoon mirages
- 49. Hardest hit to get
- 50. Hillock
- 52. Thin nails
- 54. One-time Camaro rival
- 55. A U.S. time zone
- 58. Ferber novel
- 60. It has reddish-orange flowers with black spots
- 63. Apologize and then some
- 64. Joyce's motherland
- 65. Preindication
- 66. It may bring an act to an end
- 67. Hammerhead end
- 68. It may eventually turn

DOWN

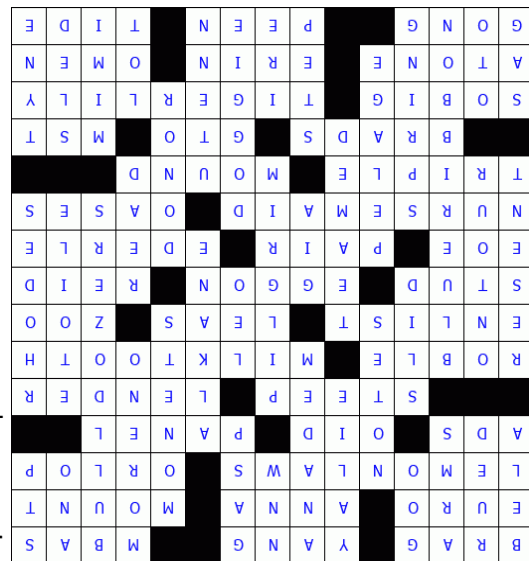
- 1. First name in horror flicks
- 2. Felt remorse
- 3. Word in an Ernest Hemingway title
- 4. Sentimental drivell
- 5. New Haven student, informally
- 6. Garland for the head, formerly



DOWN

- 7. Weather report abbr., perhaps
- 8. Fight for air
- 9. "West Side Story" Oscar winner
- 10. They're used to make the grade
- 11. A year in the Yucatan
- 12. "The racer's edge"
- 15. Some Louvre attractions
- 17. Observer's record
- 22. Basic hydrocarbon
- 23. Used the banister, in a way
- 24. A Plymouth colony founder
- 26. French star
- 27. Sort of scholar
- 28. Take umbrage
- 29. One place to promote a new CD
- 30. County fair award, perhaps
- 32. Fifth zodiac sign
- 34. Like a span of oxen
- 39. Scala of "The Guns of Navarone"
- 40. Do one of the three R's
- 42. Mammal's coat
- 44. Certain Red Cross volunteer
- 46. Water source

- 47. Type of bag
- 51. Volunteer state sch.
- 53. Big first for a baby
- 55. "La Bohème" role
- 56. Tireless carrier
- 57. Actress Daly
- 58. Swayback's woe
- 59. Member of a Platte River people
- 61. Cholera
- 62. Builder's buy



Halloween

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween

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

APPLES
BATS
BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN

COSTUME
DRACULA
FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD

JACK O LANTERN
MASK
MUMMY
NIGHT
PUMPKIN
SCARECROW
SCARY
SCREAM

SKELETON
SKULL
SPIDERS
TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
ZOMBIE