

2025

Hebron Senior Center Newsletter

December

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

The Senior Center will be CLOSED Thursday & Friday November 27th & 28th for the Thanksgiving Holiday and Thursday & Friday, December 25th & 26th (Christmas) and Thursday, January 1st 2026 (New Year's Day)

Medicare Open Enrollment / Winter Fuel Assistance

Medicare open enrollment—Last day to meet with Sharon or Dennis is Friday, December 5th—Appointments required, 860-228-1700 ask for Sharon or Dennis. More information on page 3. Winter fuel assistance continues past December 5th

Mindful Moves for a Calm Holiday

Tuesday, December 2nd 10:00am-Noon. 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 and a willingness to unwind. 2 hours - \$25 each person, payable to the instructor. Pre-registration required, by Monday, December 1st at 10:00am, 860-228-1700.

RHAM BINGO

Monday, December 8th 2:30-4:00pm. FREE BINGO at the Russell Mercier Senior Center 12 Stonecroft Dr. Hebron. The RHAM National Honor Society Students come and call the games, provide refreshments, and prizes. You can play up to 4 cards for free and they play a total of 8 games. Come support the students, meet some new friends, and have some fun. Upcoming dates Monday, January 12th and February 9th.

Cardio Drumming

Tuesday, December 9th at 10:30am, free class, but you must pre-register by Monday, December 8th, 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, sign-up early.

AARP Safe Driving Class

Tuesday, December 16th from 8:50am—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.

Annual Holiday Party featuring Caroling with The Sunshine Singers

Wednesday, December 17th from 11:00—1:15pm. Doors open at 11:00am and the Sunshine Singers will perform starting at 11:15am. Lunch will be stuffed shells, meatballs, roll, dessert, coffee and tea. It will be served about 12:15pm. Cost is \$6 and you must sign-up and pay by Monday, December 16th at Noon. To sign-up, stop in or call 860-228-1700.

Bus Trip—Lunch & Shopping —Cracker Barrel

Please join us for lunch and some shopping in the Cracker Barrel Country Store, **Tuesday, December 30th—leaving at 11:00am and returning approximately 3:00pm.** Space limited to 10 spots. Transportation cost is \$5. To sign-up, call 860-228-1700.

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, January 7th, 2026 - 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 December 2nd, 16th, and 30th

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 the food bank at 860-228-1681.

HIHS is located at: 26 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka

Food Bank or Mobile Food share van Transportation—As needed—please call to schedule a time—860-228-1700.



Meals on Wheels—Home Delivered Meals

If you are 60+ years or older you can sign up to have meals delivered to your home Monday—Friday between 11:15am—12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack) and, if desired, a cold supper can also be added. Weekend meals can also be added which are delivered cold on Friday to be reheated over the weekend. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Besides the general information form we fill out, you will need a diet order from your physician and that's it to get started. The diet order can specify meals to be modified (if needed) to accommodate allergies, low sugar (diabetic issues), low sodium, and also modified consistency including cut up or ground. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days. Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals **please contact us at 860-228-1700** and ask to speak with the social worker.

Weekly Shopping Trips

Pre- registration is required by noon the day before the trip. Please call 860-228-1700. Closed on Friday, November 28th, Friday, December 5th 11:00am Walmart, Friday, December 12th Stop & Shop (**pick-ups start at 9:30am**), Friday, December 19th Big Y (**pick-ups start at 9:30am**), Tuesday, December 23rd Ted's (pick-ups start at 9:30am). Closed Friday, December 26th, Friday, January 2nd Stop & Shop (pick-ups start at 11am)

Transportation

860-228-1700

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)

Medicare Open Enrollment—Deadline Quickly Approaching

The **Open Enrollment period ENDS 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 until 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. December 8th and December 22nd. 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—For the upcoming month please note some classes on Tuesdays

Yoga 9:00am—10:00am. Thursday, Dec. 4th, Thursday, Dec. 11th, Tuesday, Dec. 16th, Thursday, Dec. 18th, and Tuesday, Dec. 30th. We are closed Thursday, Nov. 27th, Thursday, Dec. 25th and Thursday, Dec. 31st. There are 4 Tuesday classes \$12, 4 Thursday Classes \$12 and if you come to both, 8 total session for \$24. **Drop-in fee is \$5 per class.** Instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. To register, call 860-228-1700.

Massage Therapy

Thursdays—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. Thursdays 9:00-5:30pm (last appointment at 4:30pm) 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 December 4th—December 18th, 3 sessions \$9 (We are closed December 25th and January 1st). 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.

Movie Mondays

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, December 15th Downton Abbey: The Grand Finale.** When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future.

Chatham Health Monthly Educational Series

Please join us on **Thursday, December 18th** at 12:15pm, topic will be on mental health. These are always very informative presentations by Chatham Health's Stephanie Reyes. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

Thursday, December 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.

HIHS Food Assistance Available

Hebron Interfaith Human Services has announced the following information about its programs and how others can help.

Community Food Pantry: The HIHS Community Food Pantry, located at 26 Pendleton Drive in Hebron, is open to any income-eligible individual or family in Connecticut experiencing food insecurity. Hebron/Amston residents can shop once per week and out-of-town guests can shop twice per month. Food distribution hours are Tuesday/Thursday, 9 a.m.-6 p.m., and Friday, noon-5 p.m. Guests are asked to bring their own clean folded shopping bags.

Mobile Foodshare: The CT Foodshare mobile produce truck will be at the Church of Hope parking lot (junction of routes 85 and 66) every other Tuesday from 11:15 to 11:45 am. Everyone is welcome and guests are asked to bring their own reusable bags to hold their selections. The remaining dates for 2025 are Dec. 2, Dec. 16 and Dec. 30. Please dress accordingly for colder weather.

Holiday Assistance: Assistance for Thanksgiving and Holiday gifts is available on the HIHS website, www.hihst.org. Holiday gifts are limited to parents/guardians with children living in their households in Hebron, Andover and Marlborough.

Donations Needed: Non-perishable donations of pantry staples, hygiene products and cleaning supplies are welcome. Items must not be expired, rusted or dented. Most-needed items: canned meats, hearty/chunky soups, pasta & sauce, instant potatoes, cereal/oatmeal, canned fruits. Grocery gift cards always welcome to use towards meat, dairy and eggs.

Monetary Contributions: Can be made online via www.hihst.org or in person during normal pantry hours, which are Tuesday/Thursday, 9 a.m.-6 p.m., and Fri, noon-5 p.m.

Holiday Sponsors Needed: Bring joy to a child this holiday by becoming a gift sponsor for \$35 or a clothing sponsor for \$50. Details available at www.hihst.org. For more information on HIHS, visit www.hihst.org, email hihsfoodpantry@gmail.com or call 860-228-1681.

Planning Ahead

RHAM BINGO

The RHAM National Honor Society Students come and call the games, provide refreshments, and prizes. You can play up to 4 cards for free and they play a total of 8 games. Come support the students, meet some new friends, and have some fun. **Upcoming dates Monday, January 12th and Monday, February 9th.**

*******Senior Center Weather Policy*******

If Schools are closed due to poor weather/road conditions, the senior center is closed and there will be NO Dial-A-Ride, senior center activities, or Meals on Wheels. If schools have a 2 hour delay, Center activities and transportation start @ 9:00AM.

What's Happening In the Community

Giving Tuesday is Dec. 2

AHM Youth and Family Services is gearing up for #GivingTuesday on Dec. 2. AHM is aiming to raise \$10,000 to fund youth and family mental health support through our outpatient clinical program, student support services at all schools in the towns AHM serves, as well as outreach through its "HERE 4 YOU" mental health initiative. All donations are welcome. For more information, visit ahmyouth.org.

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

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

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

Hebron 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.**

Help for the Holidays

With the holidays coming up, bereavement support group meetings can provide a safe place to share stories of loved ones, and learn about the process of grief with others as well as strategies that might help people through the holidays and beyond. The Grief Journey: A Bereavement Support Group is held Wednesday evenings from 7-8:30 p.m., at the Church of the Holy Family parish house, 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 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. 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.

Transfer Station Hours Change

Hebron Transfer Station hours have changed to the winter schedule as of Nov. 2. Hours are now: Sundays, 7:30 a.m.-2 p.m.; and Tuesdays, Thursdays and Saturdays, 7:30 a.m.-4 p.m.

AARP Tax-Aide Seeks Volunteers

For many years, the Senior Centers in Colchester, Hebron, Marlborough and East Hampton have hosted the AARP Tax-Aide Program, which provides free income tax preparation services for residents of these towns and surrounding communities. Tax-Aide is the nation's largest free volunteer tax program, offered in conjunction with the IRS. The Tax-Aide program is looking for compassionate and friendly people to join its volunteer team. You don't need to be an accountant or tax professional; volunteers come from a variety of backgrounds. Training and support are provided. To apply to volunteer, go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP NOW (888-227-7669). If you'd like additional information before signing up, contact your local senior center and they will connect you with a local TaxAide volunteer.

Thank you for the recent donations to the senior center

Stella Stanescu

Joan Avery



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

December 19th

11:00am—12:30pm

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

Hebron Senior Center Happenings.....December 2025

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
December 1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	December 2 9:00–3:00 Exer. Rm 10:00-Noon—Calm Holiday Yoga 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	3 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	4 9:00–10:00 Yoga 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers Call for times Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	5 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00 Shopping - Walmart
8 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation 2:30-4—RHAM BINGO	9 9:00–3:00 Exer. Rm 10:30-11:30 Cardio Drumming 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	10 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:05 Drawing for the Candy Wreath	11 9:00–10:00 Yoga 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch Call for times Massage 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	12 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:30 Shopping—Stop & Shop
15 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 12:30 Movie Downton Abbey: The Grand Finale.	16 9:00–3:00 Exer. Rm 8:50-1:00—AARP Driving Class 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making	17 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul Pet Stockings for HIHS due by 10:30am 11:00 Holiday Party Featuring the Sunshine Singers	18 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 Massage Call for times 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	19 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:30 Shopping Big Y 11:00-12:30 Caregiver Support Group
22 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation	23 9:00–3:00 Exer. Rm 9:00-10:00 Yoga 9:30 Shopping—Ted’s 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	24 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	25 CLOSED For Christmas	26 CLOSED For Christmas
29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	30 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:00 Bust Trip—Cracker Barrel 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	31 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	January 1, 2026 CLOSED For New Year’s Day	2 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00 Shopping - Stop & Shop

Sudoku

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

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

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

Dessert Recipe

Mint Swirl Fudge Cake

Ingredients

- 1 package white cake mix (regular size)
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1/2 cup plus 3 tablespoons water, divided
- 3 ounces cream cheese, softened
- 1/4 cup canola oil
- 3 large eggs
- 1/4 cup creme de menthe flavoring syrup
- or creme de menthe

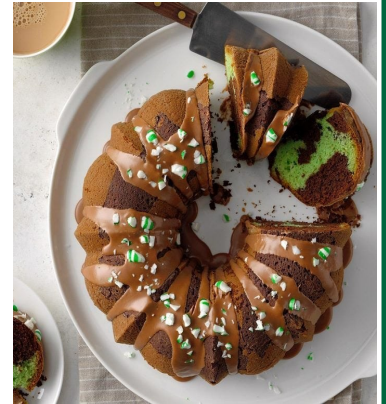
Directions

1. Preheat oven to 350°. Grease and flour a 10-in. fluted tube pan.
2. In a large bowl, combine cake mix, pudding mix, 1/2 cup water, cream cheese, oil and eggs; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Remove 1-1/2 cups batter to a small bowl; stir in creme de menthe syrup, extract and, if desired, food coloring until blended.
3. In a small bowl, whisk 3 tablespoons water and cocoa until smooth; add to untinted batter. Add chocolate. Spoon half the chocolate batter into prepared pan. Carefully top with green batter; do not swirl. Top with remaining chocolate batter.
4. Bake until a toothpick inserted in center comes out clean, 40-50 minutes. Cool in pan 10 minutes before removing to a wire rack to cool completely.
5. In a small bowl, mix confectioners' sugar, chocolate and enough water to reach a drizzling consistency. Spoon over cake; if desired, sprinkle with crushed candies.

- 1/2 teaspoon peppermint extract
- Green food coloring, optional
- 2 tablespoons baking cocoa
- 6 ozs unsweetened chocolate, melted

GLAZE

- 1-1/2 cups confectioners' sugar
- 1 ounce semisweet chocolate, melted
- 2 to 3 tablespoons water
- Crushed spearmint candies, optional



Gooey Chocolate-Peanut Bars

Ingredients

- 1 package (16-1/2 ounces) refrigerated chocolate chip cookie dough
- 2 cups chocolate-covered peanuts
- 1 cup miniature marshmallows
- 1/2 cup butterscotch ice cream topping

Directions

1. Press cookie dough into an ungreased 13x9-in. baking pan. Bake at 350° for 14-16 minutes or until edges are lightly browned and center is set. Sprinkle with peanuts and marshmallows; drizzle with ice cream topping.
2. Bake 6-8 minutes longer or until marshmallows are puffed. Cool completely and cut into bars.



Last-Minute Holiday Recipes Ready in 30 Minutes

Apricot-Glazed Bacon Spirals

Ingredients

- 1 tablespoon butter
- 1/2 cup finely chopped onion
- 3 tablespoons apricot preserves
- 1 tube (8 ounces) refrigerated crescent rolls
- 1 package (2.1 ounces) ready-to-serve fully cooked bacon

Directions

1. Preheat oven to 375°. In a small skillet, heat butter over medium heat. Add onion; cook and stir until tender, 3-5 minutes. Reduce heat to low; add preserves. Cook and stir until melted.
2. Unroll crescent dough into one long rectangle. Roll into a 15x9-in. rectangle, sealing seams and perforations. Cut crosswise into fifteen 1-in. strips; top each with one piece of bacon. Roll up jelly-roll style, starting with a short side; pinch seam to seal. Place on an ungreased baking sheet, cut side down.
3. Spoon apricot mixture over each spiral. Bake until golden brown, 12-15 minutes. Let stand 5 minutes before serving. Refrigerate leftovers.



Seven-Layer Mediterranean Dip

Ingredients

- 1 carton (8 ounces) hummus
- 1 cup reduced-fat sour cream
- 1 jar (8 ounces) roasted sweet red peppers, drained and chopped
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped red onion
- 12 Greek olives, pitted and chopped
- 2 tablespoons chopped fresh parsley
- Baked pita chips

Directions

Spread hummus into a 9-in. pie plate. Top with sour cream, red peppers, cheese, onion and olives. Sprinkle with parsley. Refrigerate until serving. Serve with pita chips.



Roasted Chicken and Brie Holly Mini Bites

Ingredients

- 1 French bread baguette (10-1/2 ounces)
- 1/4 cup mayonnaise
- 1-1/2 teaspoons garlic paste
- 12 slices deli chicken, halved
- 1/4 cup apple jelly
- 1/4 cup fig preserves
- 24 fresh baby spinach leaves
- 4 ounces mini Brie cheese wheel
- 1/3 cup sweetened dried cranberries

Directions

1. Preheat broiler. Cut baguette into 24 slices; place on foil-lined baking sheets. Combine mayonnaise and garlic; spread evenly over baguette slices. Add 1 piece of chicken to each. Combine apple jelly and fig preserves; spread evenly over chicken.
2. Add 1 baby spinach leaf to each slice. Standing the Brie wheel on end, cut crosswise into 6 narrow slices. Lay slices flat; cut each into 4 wedges. Add 1 cheese wedge to each baguette. Top with 3 cranberries. Broil 3-4 in. from heat until cheese is melted, 1-2 minutes. Cool 5 minutes before serving.



Across

1. Karate school
5. Assists
9. Cold country?
14. Final notice?
15. Brandy designation
16. Step separator
17. Scam "It's Only Make Believe" singer?
19. Frozen quarters
20. Kind of appeal
21. Revolutionary with a regret
22. City in NE Georgia
23. Something to gather around
24. Tend to the sauce
25. Like old phones
28. Bottom line figures
32. Taxing time
33. Jerk's charge
34. Group voting together
35. Warm, in searches
36. Not just feuding
37. Suffer in the sun
38. Little bit
39. Dizzy on the mound
40. 1995 Brad Pitt thriller
41. Matinee time
43. Report-card reader
44. Part of NBC
45. Confederate
46. Have a word with
49. Invention beginning
50. Kind of cup
53. Driving hazard
54. Show requiring a wide stage?
56. Buck or Bailey
57. Boo targets, some-times
58. Milk quality
59. It may be common
60. Modern scandal suffix

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17				18						19					
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46	47	48						49					50	51	52
53							54					55			
56							57					58			
59							60						61		

DOWN

1. ER figures
2. Clarinet cousin
3. Bring bad luck to
4. Baseball great Mel
5. It's for the birds
6. Cordage fiber
7. Shower attention
8. Mata Hari, for one
9. Judge
10. Theft on Mt. Everest?
11. Man is one
12. Boxer Spinks
13. Cupid's counterpart
18. Brief attempt
22. Rose extract
23. Traps inside the lines?
24. Malibu or Impala
25. Ayn and Sally
26. Verdi forte
27. Blue eyes, say
28. "Impossible!" and the theme of this puzzle
29. Toil
30. Keepsake

DOWN

31. Trail for a hound
33. Great buy
36. Increase
40. Caesar, for one
42. Crib toy
43. The magic word
45. Take in
46. Measures for Emeril (Abbr.)
47. Not aweather
48. Meat quality
49. "___ La Douce"
50. They have palmate antlers
51. Walk or trot
52. Fitness centers
54. Irritate
55. Letter afterthoughts

A Christmas Carol

Find and circle all of the A Christmas Carol words that are hidden in the grid. The remaining letters spell a secret message.

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

ANGRY
 APPRENTICE
 AVARICE
 BAH
 BED
 BELINDA
 BELLE
 BOB CRATCHIT
 CAUSTIC
 CHAINS
 CHARLES DICKENS

CHRISTMAS PAST
 CHRISTMAS PRESENT
 CHRISTMAS YET TO
 COME
 CLERK
 COUNTING HOUSE
 CRUTCH
 CURTAINS
 DRESSING GOWN
 EBENEZER SCROOGE
 FOG

GREEDY
 HUMBUG
 JACOB MARLEY
 KNOCKER
 LONDON
 MARLEY'S GHOST
 MARTHA
 MERRY CHRISTMAS
 MRS CRATCHIT
 MRS FEZZIWIG
 NEPHEW

NIGHTCAP
 OFFICE
 OLD FEZZIWIG
 PETER
 REDEMPTION
 SNOW
 SPIRITS
 TINY TIM
 TURKEY