

2026

Hebron Senior Center Newsletter

January

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard-Hoffman	x 203	Director/Municipal Agent for the Elderly	sgarrardhoffman@hebronct.gov
Mandy Roczniaik	x 202	Program Director	aroczniaik@hebronct.gov
Dennis Farrar	x 204	Adult & Senior Services Social Worker	dfarrar@hebronct.gov
Linda Zaccaro	x 200	Receptionist	Lzaccaro@hebronct.gov

PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

Senior Center Closed Thursday & Friday, December 25th & 26th (Christmas) and Thursday, January 1st 2026 (New Year's Day)

*****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.

Yoga—January the class will be Tuesdays & Thursdays

Yoga 9:00am—10:00am. Tuesdays & Thursdays January 6th—January 29th, 8 sessions, \$24. Drop-in fee is \$5 per class. Instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. To register, call 860-228-1700.

NEW Exercise Class Starting January 14th—FABBS

Flexibility, Agility, Better Balance and Strength. Join this exercise class that uses chairs, weights and exercise bands. Also, incorporates integrated movements from body building, Yoga, Taijiquan, Ballet Stretch and Strength Training. My approach, from Dr. Wayne Westcott, who created senior exercise programming for the United States, is slow weight training and a deep understanding of what the body is doing as you are going through the exercises, also a seated section with therabands to improve range of motion and reduce stiffness without strain, to this I've added standing ballet stretches for flexibility and tai chi balancing exercises throughout, which is why I called it FABBS (flexibility, agility, better balance and strength) Instructor: Hilary Celentano, who also teaches our Tai Chi class. **New class will be Wednesdays & Fridays 10:45-11:45am beginning January 14th — January 30th, 6 classes for \$18.** The February session will be February 4th—February 27th (no class Wednesday, February 11th) 7 classes for \$21.

RHAM BINGO

Monday, January 12th 2:30-4:00pm. FREE 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 February 9th and March 2nd.

NEW PROGRAM—Men's "Golden Oldies" Social Activities Group

If you are 60 or older and interested in participating in a social activities group with other men, please contact our Social Worker, Dennis Farrar, MSW at 860-228-1700, ext. 204 to register for the **first get together on Friday, January 23rd from 11:00—12:30.**

Sound Healing

Wednesday, January 28th 1:00pm. FREE Presentation by Jeremy from The Residence at Glastonbury. Join us for a rejuvenating Sound Healing Experience designed to calm the mind, relax the body, and restore inner balance. Through soothing vibrations from instruments like crystal singing bowls and the Native Flute, you'll be guided into a meditative state that promotes deep relaxation and emotional release. This peaceful session offers a chance to reduce stress, enhance mental clarity, and reconnect with your natural sense of harmony. Pre-registration is required, please call 860-228-1700 to sign-up.

AARP Income Tax Preparation for the 2025 Year

Certified AARP Tax Preparation volunteers will be at the Hebron Senior Center to prepare basic Federal and State tax returns on Tuesdays from 9:00am-1:00pm (first appointment at 9 last appointment at Noon) on the following dates; February 3, February 10, February 17, February 24, March 3, March 11, March 17, March 24, and March 31.

Sign-ups will begin starting TUESDAY, January 6th, 2026, 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 January 13th and 27th

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, Dennis Farrar, ext. 204.

Weekly Shopping Trips

Pre- registration is required by noon the day before the trip. Please call 860-228-1700. **Closed Friday, December 26th, Friday, January 2nd Stop & Shop (pick-ups start at 11am), Friday, January 9th Walmart (11 am pick-up), January 16th Big Y (11 am pick-up), January 23rd Stop & Shop (11 am pick-up), January 30th Walmart (11 am pick-up), February 6th Big Y (11 am pick-up).**

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)

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.

Thank you for the donations to the HIHS Food Bank



Photo on the left

Linda holding the candy wreath (which she made of course). Donations were accepted for a chance to win the wreath. We raised \$170 for the HIHS Food Bank. Ileana Savy won the wreath.

Photo on the right

Linda with all the pet supplies collected that were donated to the HIHS Food Bank. There were 18 different "stockings" collected. Helping families provide for the needs of their pets.



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—12:30pm – 3:30pm. 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

10:15, January 12th and January 26th. 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—The month of January the class will be Tuesday & Thursdays

Yoga 9:00am—10:00am. Tuesdays & Thursdays **January 6th—January 29th, 8 sessions, \$24. Drop-in fee is \$5 per class.** Instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. Laurie has tremendous energy and will bring that positivity to her classes. To register, call 860-228-1700.

Massage Therapy

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 January 8th—January 29th, 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.

Chatham Health Monthly Educational Series

NEW DAY. Skipping January, but please join us on Monday, February 23rd at 12:15pm, topic will be on reading food labels. These are always very informative. Presentations by Chatham Health's Stephanie Reyes who has a Master's in Public Health. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

NEW DAY—Monday, January 26th, 11:30-12:30, Public Health Nurse, Vicki Han, RN from Chatham Health will be offering free Blood Pressure screenings and educating you on how to monitor it at home and how to reduce your risks for heart attacks and strokes. She will be here at the senior center. No registration required. It is free.

Planning Ahead

RHAM BINGO

Upcoming dates February 9th and March 2nd, 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.

Making the Uncomfortable, Comfortable—2 Part Series

Join us for one or both panel conversations **Monday, February 9th, 10:30am-11:45am Part 1** and **Wednesday, February 11th, 10:30am-11:45pm, Part 2.** Monday, February 9th the presenters will be Pam Atwood, Atwood Dementia Group Kate Busch Gervais, Clear Path Moves, Ed Knight, Transference. The presentation will also include a Q & A.

The Wednesday, February 11th panel will be Pam Atwood, Atwood Dementia Group

Jane Fisher, Oasis Senior Advisors, Jennifer DiSette, Hartford HealthCare Center for Healthy Aging

Light refreshments will be available, please pre-register for planning purposes, but walk-ins are welcome, 860-228-1700

Sunshine Singers Valentines Special

Please join us on **Thursday, February 12th at 11:30am** for a Valentines Day concert. They will sing various songs that fit the occasion and you can even sing-a-long if you chose. We'll have some Valentines Day Treats and on this day we'll all have a Valentine. Please RSVP for planning purposes, but walk-ins are welcome, 860-228-1700. The concert is free.

Cardio Drumming

Wednesday, February 18th at 1:00pm, free class, but you must pre-register by Tuesday, February 17th, 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.

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Sign-ups will begin starting TUESDAY, January 6th, 2026, call 860-228-1700.

Medicare Advantage Open Enrollment Period

While Medicare's Open Enrollment Period for all Medicare Beneficiaries has ended, **those who are enrolled in a Medicare Advantage Plan have another opportunity to make a change.**

The Medicare Advantage Open Enrollment Period is from January 1 through March 31. During this time you can:

- Switch to another Medicare Advantage Plan
- Drop your Medicare Advantage Plan and switch to Original Medicare – Please remember that Original Medicare does not cover prescription drugs therefore, in order to get prescription drug coverage, along with Original Medicare, you would want to join a Medicare Drug Plan

You can use the Medicare Advantage Open Enrollment Period to make only one change between January 1 and March 31. Changes will take effect the first day of the month after the change is made

For assistance with examining your options, please contact the Senior Center at 860-228-1700 to make an appointment

What's Happening In the Community

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.

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.**



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

January 16th

11:00am—12:30pm

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required



BLOOD PRESSURE CLINIC

Conducted by:

Vickie Han, RN

*Public Health Nurse from
Chatham Health District*



MONDAY, JAN 26TH
MONDAY, FEB 23RD
MONDAY, MAR 23RD

FROM 11:30 AM - 12:30PM

**HEBRON
SENIOR CENTER**

14 STONECROFT DR

*Learn how to take a
proper blood pressure
and how to monitor your
blood pressure at home.
You can also learn about
how to reduce your risk
for heart attacks and
strokes.*

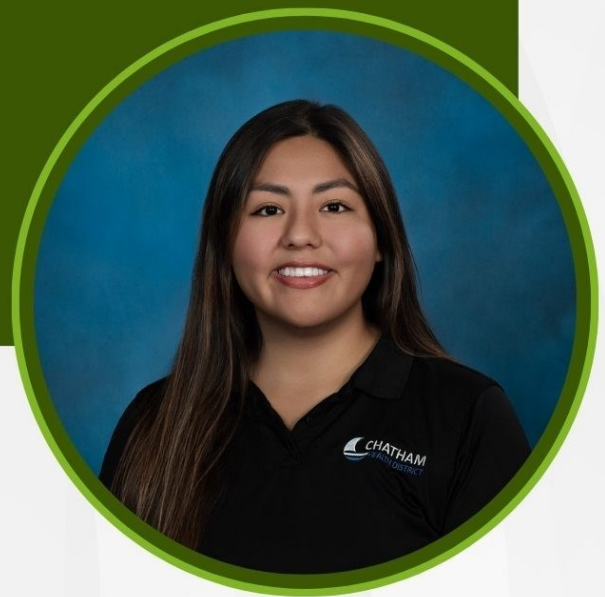


HEALTH EDUCATION PRESENTATION

Presented by:

**Stephanie Reyes,
MPH, CHES**

*Prevention Program Coordinator
from Chatham Health District*



MONDAY, FEB 23RD
MONDAY, MAR 23RD

FROM 12:15 PM - 12:45 PM

**HEBRON
SENIOR CENTER**

14 STONECROFT DR

*Come learn about Reading
Food Labels in February and
Cognitive Health Games in
March! There will also be
diabetic-friendly recipes given
out each month!*

Hebron Senior Center Happenings.....January 2026

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00 Bus Trip—Cracker Barrell	30 9:00–3:00 Exer. Rm 9:00 Yoga 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	31 9:00–1:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	January 1, 2026 CLOSED For New Year’s Day Happy New Year	2 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00 Shopping - Stop & Shop
5 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	6 9:00–3:00 Exer. Rm 9:00-10:00—Yoga New Session 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	7 8:30 Comm. On Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	8 9:00–10:00 Yoga—New session 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI—New Session 10:15 Sunshine Singers 12:00 Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage	9 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00am Shopping—Walmart
12 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation 2:30-4—RHAM BINGO	13 9:00–3:00 Exer. Rm 9:00-10:00—Yoga 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	14 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NEW CLASS FABBS—see description on front page	15 9:00–3:00 Exer. Rm 9:00–10:00 Yoga 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage	16 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NEW CLASS FABBS 11:00 Shopping Big Y 11:00-12:30 Caregiver Support Group
19 CLOSED for MLK Birthday	20 9:00–3:00 Exer. Rm 9:00-10:00—Yoga 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	21 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NEW CLASS FABBS	22 9:00–3:00 Exer. Rm 9:00–10:00 Yoga 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage	23 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NEW CLASS FABBS 11:00-12:30 Men’s Golden Oldies 11:00 Shopping - Stop & Shop
26 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation 11:30 BP Clinic	27 9:00–3:00 Exer. Rm 9:00-10:00—Yoga 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	28 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NEW CLASS FABBS 1:00 Sound Healing with Jeremy	29 9:00–3:00 Exer. Rm 9:00–10:00 Yoga 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage	30 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NEW CLASS FABBS 11:00 Shopping - Walmart

Sudoku

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

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

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

Dessert Recipe

Berries in Champagne Jelly

Ingredients

- 4 envelopes unflavored gelatin
- 2 cups cold water
- 1-1/2 cups sugar
- 4 cups champagne
- 2 cups sparkling grape juice
- 3 cups fresh raspberries
- 3 cups fresh blueberries
- 2 cups fresh blackberries

Directions

1. In a large saucepan, sprinkle gelatin over cold water; let stand 2 minutes. Add sugar. Cook and stir over medium-low heat until gelatin and sugar are dissolved (do not boil). Remove from heat. Slowly stir in champagne and grape juice.
2. Transfer to a 13x9-in. dish coated with cooking spray. Refrigerate, covered, for 8 hours or overnight. Using a potato masher, gently break up champagne jelly. Layer jelly and berries in 12 dessert dishes. Refrigerate, covered, for at least 2 hours before serving.



Chocolate Pizza

Ingredients

- 3 Tbsp. granulated sugar
- 8 oz. pizza dough
- 2 Tbsp. melted butter
- 1/2 cup Nutella
- 1/2 cup mini marshmallows
- 1/2 cup M&M's
- 1/4 cup chopped pretzels

Directions

1. Preheat oven to 450°. Sprinkle about half the sugar onto a clean surface. Place pizza dough on sugar and spread remaining sugar on top. Roll pizza dough out into an 11" circle.
2. Transfer dough to a large baking sheet and poke all over with a fork, then brush with melted butter. Bake until golden, 12 to 15 minutes. Let cool slightly.
3. Spread Nutella all over crust, leaving a 1" border around the edge. Top with marshmallows, mms, and pretzels. Serve warm.



Recipes

Chicken Scampi

Ingredients

- 4 ounces uncooked linguine
- 3 tablespoons butter
- 2 tablespoons olive oil
- 2 green onions, thinly sliced
- 2 garlic cloves, minced
- 2 boneless skinless chicken breast halves (4 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 1/2 cup chopped seeded tomatoes
- 2 tablespoons lemon juice
- 1 tablespoon minced fresh parsley
- Grated Parmesan cheese

Directions

1. Cook linguine according to package directions. Meanwhile, heat a large skillet over medium heat. Add the butter and olive oil; cook the onion and garlic until tender. Sprinkle chicken with salt and pepper; add to skillet. Cook until a thermometer reaches 165°, 3-4 minutes on each side. Remove chicken and keep warm.
2. In the same skillet, combine the tomato, lemon juice and parsley; heat through. Drain linguine; toss with tomato mixture. Top with chicken and sprinkle with Parmesan cheese.



Horseradish-Encrusted Beef Tenderloin

Ingredients

- 1 whole garlic bulb
- 1 teaspoon olive oil
- 1/3 cup prepared horseradish
- 1/4 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/3 cup soft bread crumbs
- 1 beef tenderloin roast (3 pounds)

Directions

1. Remove papery outer skin from garlic bulb (do not peel or separate cloves). Cut top off garlic bulb; brush with oil. Wrap in heavy-duty foil. Bake at 425° until softened, 30-35 minutes. Cool for 10-15 minutes. Lower oven setting to 400°.
2. Squeeze softened garlic into a small bowl; stir in the horseradish, salt, basil, thyme and pepper. Add bread crumbs; toss to coat. Spread over top of tenderloin. Place on a rack in a large shallow roasting pan.
3. Bake until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°), 45-55 minutes. Let stand for 10 minutes before slicing.



Lemony Scallops with Angel Hair Pasta

Ingredients

- 8 ounces uncooked multigrain angel hair pasta
- 3 tablespoons olive oil, divided
- 1 pound sea scallops, patted dry
- 2 cups sliced radishes (about 1 bunch)
- 2 garlic cloves, sliced
- 1/2 teaspoon crushed red pepper flakes
- 6 green onions, thinly sliced
- 1/2 teaspoon kosher salt
- 1 tablespoon grated lemon zest
- 1/4 cup lemon juice

Directions

1. In a 6-qt. stockpot, cook pasta according to package directions; drain and return to pot.
2. Meanwhile, in a large skillet, heat 2 tablespoons oil over medium-high heat; sear scallops in batches until opaque and edges are golden brown, about 2 minutes per side. Remove from skillet; keep warm.
3. In same skillet, saute radishes, garlic and pepper flakes in remaining 1 tablespoon oil until radishes are tender, 2-3 minutes. Stir in green onion and salt; cook 1 minute longer. Add to pasta; toss to combine. Sprinkle with lemon zest and juice. Top with scallops to serve.



Across

1. Give a big hand, say
5. Type of semiconductor
10. Under lock and key
14. Scandinavian capital
15. Said and done
16. Given the old heave-ho
17. Enthusiastic
20. Cause for alarm
21. ___ good example
22. Seasoned aviator, e.g.
23. Actress Lanchester
25. Warbled
27. Enthusiastic (with 49-Across)
31. Carrier letters
32. Contraction in "The Star-Spangled Banner"
33. One of the Gallos
35. Deception
39. No longer ineffable
41. Actress Merkel of "The Parent Trap"
42. Asgardian
43. Charon's river
44. "The Tempest" king
46. Eroded

47. Crony

49. See 27-Across
51. Subject to change
55. Greek god of war
56. Forest denizen
57. Ravens, for example
59. "Li'l Abner" creator
63. Enthusiastic
66. Partner of hold
67. "___ on My Pillow"
68. Certain tow job
69. Some treasury notes
70. Ponies up
71. Lode car

DOWN

1. Lady's man
2. Under sail
3. ___ Bator
4. Bumper-car ride
5. Letter opener
6. It had no room for Mary
7. Line at the track

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			

DOWN

8. Name in a 1948 headline
9. Bleep
10. Maglie of baseball
11. Perpendicular to radial
12. Engage with an epee
13. Put on a border
18. Cried out sharply
19. Scot's sons
24. Render void
26. Humble Oil brand
27. Hustles
28. Preliminary round of a race
29. Legion
30. Seaport south of Milan
34. ___ Maria
36. Word with apple or grass
37. Spumante source
38. Wrestling match
40. World's fair
42. Unavailing
44. Edmonton's province

DOWN

45. "Der Rosenkavalier" composer Richard
48. Prefix with focus
50. Chaperone
51. Potato variety
52. Hall of Famer Ryan
53. Go deep into
54. Spoken for
58. Heart of the matter
60. Allege as fact
61. Rappers Salt-N-___
62. Spring formal
64. Director Craven
65. Dr. of rap

Martin Luther King Jr.

Find and circle all of the words related to Martin Luther King Jr. that are hidden in the grid. The remaining letters spell a Martin Luther King Jr.

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

ACTIVIST
 AFRICAN AMERICAN
 ASSASSINATED
 ATLANTA
 BALCONY
 BAPTIST
 BIRMINGHAM
 BOLD
 BRAVE
 BUS BOYCOTT
 CHALLENGE
 CHANGE
 CIVIL RIGHTS

CORETTA
 DESEGREGATION
 EQUALITY
 FATHER
 FORGIVE
 HATE
 HERO
 HISTORY
 HOLIDAY
 HOPE
 HUSBAND
 I HAVE A DREAM

INJUSTICES
 LEADER
 LOVE
 MARCHES
 MEMPHIS
 MICHAEL
 MONTGOMERY
 MOVEMENT
 NOBEL PEACE PRIZE
 NON VIOLENCE
 OPPRESSED
 ORATOR

PASTOR
 PEACEFUL
 PROGRESS
 PROTEST
 RACISM
 SELMA
 SPEAKER
 SPEECHES
 STRONG
 TRUTH
 WASHINGTON
 YOLANDA