

2026

# Hebron Senior Center Newsletter

February

## RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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<b>Linda Zaccaro</b>	x 200	Receptionist	Lzaccaro@hebronct.gov

PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

*Senior Center Closed Monday, February 16th for Presidents 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, Senior Center activities and transportation start @ 9:00AM.

### Exercise Class—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. **Wednesdays & Fridays 10:45-11:45am Feb 4 - Feb 27th (NO CLASS WED. FEB 11th) 7 classes for \$21.**

### 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 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 panel will be Pam Atwood, Atwood Dementia Group, Jane Fisher, Oasis Senior Advisors, Jennifer DiSette, HHC for Healthy Aging. Light refreshments will be available, please pre-register for planning purposes, but walk-ins are welcome, 860-228-1700. **A detailed description on page 5.**

### 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.**

### Air Fryer Healthy Cooking Demonstration

Join us on **Wednesday, February 25th at NOON** for an air-fryer healthy cooking demonstration. Tammy Scherp will be doing the demo cooking up a few healthy items that are easy to make in your air-fryer, of course there will be samples. It is free, but you must pre-register by Monday, February 23rd, 860-228-1700.

### 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 - **Friday, February 27th from 11:00—12:30.**

## **HEBRON COMMISSION ON AGING**

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

### **Commission on Aging Meeting is scheduled for Wednesday, February 4, 2026 - 8:30am at the Senior Center**

Meetings are open to the public. The meetings are the first Wednesday of the month (no meetings July, August, or December)

**Mission Statement** - The Commission on Aging promotes and supports a livable, caring community for Hebron's aging population, focusing on their well-being, and supports the Senior Center through active engagement

**Vision Statement** – The Commission on Aging is dedicated to fostering a vibrant, informed, and empowered community of older adults in Hebron. We strive to ensure that seniors have access to the resources, supports and opportunities needed to maintain their independence and thrive in every stage of aging.

## **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 & 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 February 10th & 24th**

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. **January 30th Walmart (11 am pick-up), February 6th Big Y (pick-up time TBA) February 13th Stop & Shop (pick-up time TBA), February 20th Walmart (pick-up time TBA), February 27th Big Y (pick-up time TBA), March 6th Stop & Shop (pick-up time TBA).**

## **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)
- Fares are charged for transportation. You can get the fee schedule by calling the senior center.

## **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

## **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—12:30pm – 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**

**Mondays 10:15, February 2nd and 23rd.** The class is free. Mindful meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Roczniak who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

### **Yoga—February Only Thursdays**

Yoga 9:00am—10:00am. **Thursdays, February 5th-26th, 4 classes \$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**

**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 Thursdays, February 5th—26th, 4 classes \$12. To register call us at 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.

## 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.

### **Chatham Health Monthly Educational Series**

**NEW DAY. 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, February 23rd, 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.

### **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 10, March 17, March 24, and March 31. Sign-up call 860-228-1700.

### **RHAM BINGO**

**Monday, February 9th 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. Last RHAM Bingo of the year March 2nd.

### **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**. So what does getting comfortable with the uncomfortable topic really mean? Life's most important conversations are often the ones we avoid. Our 2 part panel discussion brings together experts in life transitions, caregiving, and legacy planning and preservation to guide you through the topics many of us put off until it's too late—or almost too late. Whether you're planning for your own future, supporting aging family members, or simply want to spare your loved ones unnecessary stress and confusion, this discussion will provide practical guidance on how to approach these sensitive subjects with clarity and compassion. Our panelists will share insights on caring for ourselves while caring for others, letting go of material items, exploring senior living options before crisis strikes, and preserving what matters most through legacy letters and thoughtful planning. This isn't about dwelling on the difficult—it's about being prepared. Join us for an honest, helpful conversation that transforms anxiety into action and turns these uncomfortable topics into manageable tasks. You'll leave with concrete next steps, useful resources, and the confidence to start these important conversations with the people who matter most. Register by calling 860-228-1700. **See flyer page 6**

## Planning Ahead

### **RHAM BINGO**

**March 9th, 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.

### **St. Patrick's Day Concert and Lunch**

**Thursday, March 19th 11:00am** St. Patrick's Day Sunshine Singers and traditional corned beef and cabbage lunch. Sunshine Singers will perform from 11:00-Noon and lunch will be at 12:15. Cost for lunch is \$5, but the concert is free. You must pre-register for lunch by Monday, March 16th at Noon.

**Chatham Health Monthly Educational Series Monday, March 23rd** at 12:15pm, topic will be on cognitive health. Please call, 860-228-1700 to register.

**Monthly Blood Pressure Screenings Monday, March 23rd, 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.

### **Health & Safety Panel with Q & A**

**Tuesday, April 7th at 10:00am**—More details to follow—Save the date

**Look for a bus trip and another sound healing date in March to be announced. Information available in The Rivereast when confirmed and in the March Newsletter, stay tuned.**

# MAKING THE UNCOMFORTABLE, COMFORTABLE

Life's most important conversations are often the ones we avoid. Our 2 part panel discussion brings together experts in life transitions, caregiving, and legacy planning and preservation to guide you through the topics many of us put off until it's too late – or almost too late.

Whether you're planning for your own future, supporting aging family members, or simply want to spare your loved ones unnecessary stress and confusion, this discussion will provide practical guidance on how to approach these sensitive subjects with clarity and compassion.

Our panelists will share insights on caring for ourselves while caring for others, letting go of material items, exploring senior living options before crisis strikes, and preserving what matters most through legacy letters and thoughtful planning.

## DATES & PANELISTS

### PART 1 – Monday, February 9th

- Kate Busch Gervais, *Clear Path Moves*
- Ed Knight, *Transference*
- Pam Atwood, *Atwood Dementia Group*

**Where:** Russell Mercier Senior Center  
14 Stonecraft Drive, Hebron, CT

**When:** 10:30 am – 11:30 am (both days)

**Cost:** FREE!

Please register for **ONE OR BOTH DAYS.**

Walk-ins & Professionals welcome!

Contact the Senior Center at **860-228-1700** to register.

### PART 2 – Wednesday, February 11th

- Jane Fisher, *Oasis Senior Advisors*
- Jennifer DiSette, *Hartford HealthCare Center for Healthy Aging*
- Pam Atwood, *Atwood Dementia Group*



**Tonya G. Maurer**  
tonya@AtwoodDementiaGroup.com  
cell: 860-539-9287  
AtwoodDementiaGroup.com





# **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

**February 20th**

**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 26<sup>TH</sup>**  
**MONDAY, FEB 23<sup>RD</sup>**  
**MONDAY, MAR 23<sup>RD</sup>**

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.*

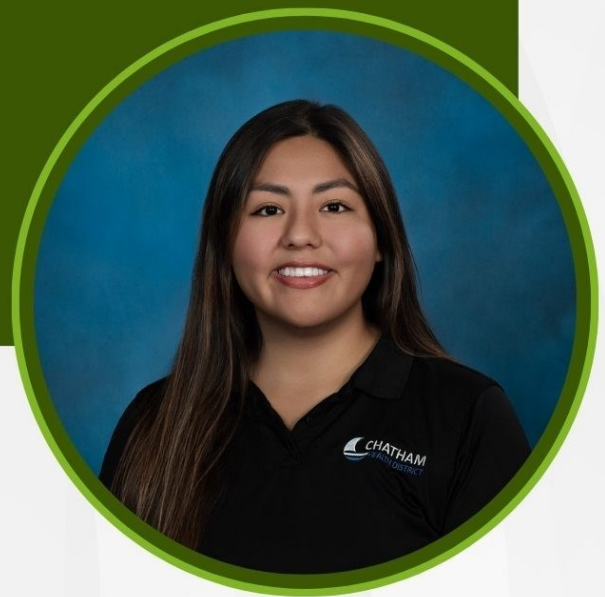


# HEALTH EDUCATION PRESENTATION

Presented by:

**Stephanie Reyes,  
MPH, CHES**

*Prevention Program Coordinator  
from Chatham Health District*



**MONDAY, FEB 23<sup>RD</sup>  
MONDAY, MAR 23<sup>RD</sup>**

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.....February 2026

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

**Transportation call 860-228-5977**

Mon	Tue	Wed	Thu	Fri
<b>January 26</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15- Meditation</b> <b>11:30 BP Clinic</b>	<b>27</b> 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	<b>28</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>1:00 Sound Healing with            Jeremy</b>	<b>29</b> 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	<b>30</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>11:00 Shopping -            Walmart</b>
<b>February 2</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15- Meditation</b>	<b>3</b> 9:00–3:00 Exer. Rm <b>9:00-1:00—AARP Taxes</b> 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	<b>4</b> <b>8:30 Comm. On Aging</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:45-11:45 FABBS- New            Session</b>	<b>5 9:00–10:00 Yoga—New            session</b> 9:00–3:00 Exer. Rm <b>10:15-11:15 TAI CHI—New            Session</b> 10:15 Sunshine Singers 12:00 Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage	<b>6</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:45-11:45 FABBS</b>  <b>Time TBD Shopping—            Big Y</b>
<b>9</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:30-Noon—Speaker            Panel</b> <b>2:30-4—RHAM BINGO</b>	<b>10</b> 9:00–3:00 Exer. Rm <b>9:00-1:00—AARP Taxes</b> 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	<b>11</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:30-Noon—Speaker            Panel</b> <b>10:45-11:45 NO CLASS-            FABBS</b>	<b>12</b> 9:00–3:00 Exer. Rm 9:00–10:00 Yoga 10:15-11:15 TAI CHI <b>11:30 Sunshine Singers            Valentines Special</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage	<b>13</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS  <b>Time TBD Shopping            Stop &amp; Shop</b>
<b>16</b>  <b>CLOSED for            Presidents Day</b>	<b>17</b> 9:00–3:00 Exer. Rm <b>9:00-1:00—AARP Taxes</b> 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta	<b>18</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>1:00 Cardio Drumming            with Jeremy</b>	<b>19</b> 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	<b>20</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>Time TBD Shopping -            Walmart</b> <b>11:00-12:30 Caregiver            Support Group</b>
<b>23</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15- Meditation</b> <b>11:30 BP Clinic</b> <b>12:15 Chatham Health            Presentation</b>	<b>24</b> 9:00–3:00 Exer. Rm <b>9:00-1:00—AARP Taxes</b> 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	<b>25</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>Noon—Air Fryer Healthy            Cooking Demo</b>	<b>26</b> 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	<b>27</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>11:00-12:30 Men’s            Golden Oldies</b> 10:45-11:45 FABBS <b>Time TBD Shopping -            Big Y</b>

## Sudoku

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

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

## Dessert Recipe

### Chocolate Cherry Dump Cake

#### Ingredients

- 1 can (21 ounces) cherry pie filling
- 1/2 cup semisweet chocolate chips
- 2 teaspoons almond extract
- 1 package chocolate cake mix (regular size)
- 3/4 cup pecan halves
- 1 cup unsalted butter, melted
- Vanilla ice cream or whipped cream optional for serving

#### Directions

1. Preheat oven to 350°. Mix pie filling, chocolate chips and extract; spread into a greased 13x9-in. baking dish. Sprinkle with cake mix and pecans; drizzle with melted butter.
2. Bake until top is set and filling is bubbly, 35-40 minutes. Serve warm.



### Crock-Pot Lava Cake

#### Ingredients

- 1 package devil's food cake mix (regular size)
- 1-2/3 cups water
- 3 large eggs, room temperature
- 1/3 cup canola oil
- 2 cups cold 2% milk
- 1 package (3.9 ounces) instant chocolate pudding mix
- 2 cups semisweet chocolate chips
- Whipped cream / ice cream optional

#### Directions

1. In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Transfer to a greased 4-qt. slow cooker.
2. In another bowl, whisk milk and pudding mix for 2 minutes. Let stand until soft-set, about 2 minutes. Spoon over cake batter; sprinkle with chocolate chips. Cover and cook on high for 3-4 hours or until a toothpick inserted in cake portion comes out with moist crumbs. Serve warm, with whipped cream or ice cream if desired.



## Recipes

### Walnut and Oat-Crusted Salmon

#### Ingredients

- 2 salmon fillets (6 ounces each), skin removed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons quick-cooking oats, crushed
- 3 tablespoons finely chopped walnuts
- 2 tablespoons olive oil

#### Directions

Preheat oven to 400°. Place salmon on a baking sheet; sprinkle with salt and pepper. Combine remaining ingredients; press onto salmon. Bake until fish just begins to flake easily with a fork, 12-15 minutes.



### Ginger Veggie Brown Rice Pasta with Chicken

#### Ingredients

- 2 cups uncooked brown rice elbow pasta
- 1 tablespoon coconut oil
- 1/2 small red onion, sliced
- 2 teaspoons ginger paste
- 2 teaspoons garlic paste
- 1-1/2 cups chopped fresh Brussels sprouts
- 1/2 cup chopped red cabbage
- 1/2 cup shredded carrots
- 1/2 medium sweet red pepper, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon ground ancho chile pepper
- 1/4 teaspoon coarsely ground pepper
- 1 rotisserie chicken, skin removed, shredded

#### Directions

1. In a Dutch oven, cook pasta according to package directions.
2. Meanwhile, in a large skillet, heat coconut oil over medium heat. Add red onion, ginger paste and garlic paste; saute 2 minutes. Stir in next 7 ingredients; cook until vegetables are crisp-tender, 4-6 minutes. Add chicken; heat through.
3. Drain pasta, reserving 1 cup pasta water. Return pasta to Dutch oven. Add vegetable mixture; toss to coat, adding enough reserved pasta water to moisten pasta. Sprinkle with green onion before serving.



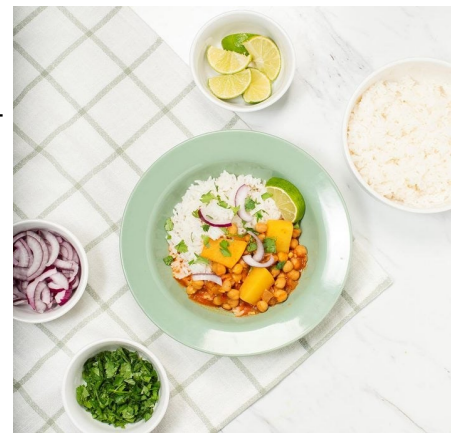
### Chickpea & Potato Curry

#### Ingredients

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons minced fresh gingerroot
- 2 teaspoons ground coriander
- 1 teaspoon garam masala
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1 can (15 ounces) crushed tomatoes
- 2 cans (15 ounces each) chickpeas or garbanzo beans, rinsed and drained
- 1 large baking potato, peeled and cut into 3/4-inch cubes
- 2-1/2 cups vegetable stock
- 1 tablespoon lime juice
- Chopped fresh cilantro
- Hot cooked rice
- Optional: Sliced red onion and lime wedges

#### Directions

1. In a large skillet, heat oil over medium-high heat; sauté onion until tender, 2-4 minutes. Add garlic, ginger and dry seasonings; cook and stir for 1 minute. Stir in tomatoes; transfer to a 3- or 4-qt. slow cooker.
2. Stir in chickpeas, potato and vegetable stock. Cook, covered, on low until potato is tender and flavors are blended, 6-8 hours.
3. Stir in lime juice; sprinkle with cilantro. Serve with rice and, if desired, red onion and lime wedges.



**Across**

- 1. Shoe part
- 5. Restaurant chain: Abbr.
- 9. Tasty
- 14. Related by blood
- 15. Lion hair
- 16. Run off together
- 17. Sloop pole
- 18. Legal claim
- 19. Get extra mileage out of
- 20. Somehow
- 23. Agreement
- 24. Ill-intentioned
- 25. Vietnamese holiday
- 27. "\_\_\_ Rides Again" (James Stewart film)
- 32. Do a tailor's job
- 36. Parka attachment
- 39. "Fidelio" feature
- 40. Somehow
- 43. Moran of "Happy Days"
- 44. Proof word
- 45. Talks wildly
- 46. Stretching muscle
- 48. Female sheep
- 50. Seafood selection
- 53. Texas city
- 58. Somehow
- 63. Orient Express terminus
- 64. Major defeat
- 65. Catering establishment
- 66. English-class topic
- 67. Bell sound
- 68. Women's magazine
- 69. Impertinent
- 70. Chorus member

**DOWN**

- 1. Latin dance
- 2. Gives approval for
- 3. Shoppers' compilations
- 4. \_\_\_ nous (confidentially)
- 5. White Rabbit's cry

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**

- 6. Signal, as a taxi
- 7. Night owl's time
- 8. Type of pasta
- 9. Unruffled
- 10. Oriole or Angel
- 11. Rain cats and dogs
- 12. \_\_\_ facto
- 13. Antelope's playmate
- 21. Emcee's text
- 22. \_\_\_ Warbucks
- 26. Norse thunder god
- 28. Poet Teasdale
- 29. Disney sci-fi film
- 30. Mob scene
- 31. Talks and talks and talks and . . .
- 32. Help feloniously
- 33. Harp relative
- 34. Tissuelike
- 35. Major time periods
- 37. Nonprofit's URL suffix

**DOWN**

- 38. Orchestral reed
- 41. County in Ireland
- 42. Statement of belief
- 47. Irish playwright
- 49. Refuses to leave
- 51. Main artery
- 52. One way to cook
- 54. Lucy's landlady
- 55. Oil source
- 56. Does business in
- 57. French city

**DOWN**

- 58. Literary work
- 59. Shuttle org.
- 60. Major time periods
- 61. "La Cage aux Folles" props
- 62. Reunion attendee

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

## Delicious Desserts

Find and circle all of the desserts that are hidden in the grid. The remaining letters spell a secret message.

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

AMBROSIA  
 APPLE CRISP  
 APPLE PIE  
 BAKED ALASKA  
 BAKLAVA  
 BANANA SPLIT  
 BREAD PUDDING  
 BROWNIES  
 BUTTER TARTS  
 CARROT CAKE  
 CHEESE CAKE  
 CHOCOLATE CAKE

CINNAMON ROLLS  
 CREME BRULEE  
 CREPES  
 ECLAIRS  
 EMPANADAS  
 FLAN  
 FRUIT CRUMBLE  
 FUDGE  
 GELATO  
 GINGERBREAD  
 ICE CREAM

JELLY ROLLS  
 LEMON BARS  
 MACAROONS  
 MERINGUES  
 MONKEY BREAD  
 MOUSSE  
 NUT BRITTLE  
 PARFAIT  
 PASTRIES  
 PAVLOVA  
 PEACH COBBLER

PINEAPPLE DELIGHT  
 PLUM SQUARES  
 RAISIN PUDDING  
 RUM BALLS  
 SORBET  
 STRAWBERRY SHORT CAKE  
 STRUDEL  
 SUNDAE  
 TIRAMISU  
 TORTES  
 TRIFLE