

2026

Hebron Senior Center Newsletter

March

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

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|-------------------------------|-------|--|------------------------------|
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PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

*****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.

Sound Healing

Monday, March 9th at 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.

RHAM BINGO—Last One for the school year

March 9th, 2:30-4:00pm. FREE BINGO The RHAM National Honor Society Students 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 and have some fun.

Air Fryer Healthy Cooking Demonstration

Rescheduled to **Wednesday, March 11th at NOON**. Join us 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, March 9th, 860-228-1700.

St. Patrick's Day Concert and Lunch

Thursday, March 19th 11:00am St. Patrick's Day Sunshine Singers singing a variety of seasonal songs followed by a 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 Thursday, March 12th at Noon.

Bus Trip to Windham Tech's Uncommon Kitchen for Lunch

Wednesday, March 25th, Leave at 10:15am, return approximately 12:45. Cost is \$20 (includes transportation) and MUST be received by Wednesday, March 18th. Lunch at Windham Tech's Uncommon Kitchen featuring the food prepared by the culinary students. Menu includes warm rolls & butter, Fire Roasted Tomato Soup, and your choice of entrée (Roast Turkey & Dumplings, Stuffed Peppers, or a Chicken Ceasar Salad) detailed description available at the Senior Center, and choice of dessert (Cherries Jubilee Cheese Cake OR Pineapple Upside Down Cake). The cost is \$20 per person which includes transportation. Sign-up in person or call 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, March 27th from 11:00—12:30. More information on page 7**

Hebron Maple Fest

March 21-22, 2026 | 10AM - 4PM

Celebrate the sweet taste of spring at Hebron's annual Maple Fest! Join us for a fun-filled day of family-friendly activities, live entertainment, local crafts, and—of course—delicious maple syrup treats. Discover the art of maple sugaring with demonstrations from local producers, enjoy hands-on activities for kids, and savor the flavors of Hebron's vibrant community. Whether you're a longtime local or visiting for the first time, Maple Fest is the perfect way to welcome the season and celebrate Hebron's traditions.

Updated information/ detailed schedule/ maps found at www.thetowncenterproject.org/maple-fest

HEBRON COMMISSION ON AGING

Members: Chairperson Sandy Waldo, Cathy Litwin, Jo Souza, Rebecca Tamsin, Margaret Gibbs, and alternate Kirk Smallidge 1 open alternate seat available

Commission on Aging Meeting is scheduled for Wednesday, March 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 March 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. **Pick-up times TBA weekly, March 6th Stop & Shop, March 13th Walmart, March 20th Big Y, March 27th Stop & Shop, WEDNESDAY, April 1st Big Y (we are closed Friday, April 3rd for Good Friday).**

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.

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.

What's Happening in The Community—More on Page 5

Elderly and Disabled Tax Relief

Tax relief for homeowners aged 65 and older or 100% Social Security disabled is offered in conformance with eligibility requirements and specifications of state enabling legislation. The Hebron Assessor's office will accept applications through May 15. The maximum income limits set for the Oct. 1, 2025 Grand List year are: Single, \$46,300; Married, \$56,500. A completed 2025 federal income tax return with supporting documents (if filed), including a 1099 Social Security statement, must be presented at time of application. Social Security disabled applicants must also present proof of disability dated within three years of application. If no tax return is filed, all taxable and non-taxable income statements must be presented at time of application. More detailed information about these programs is available at www.hebronct.gov, or by contacting the Assessor's Office at 860-228-5971 ext. 126.

Vendors Sought for Craft Fair

Calling all vendors! Hebron's Maple Festival is almost here, and as part of the celebration, Gilead Congregational Church will host its annual Maplefest Craft Fair on Saturday, March 21, from 10 a.m.-4 p.m., in the Fellowship Hall at 672 Gilead St. Organizers are currently welcoming vendor applications. If you create handmade items such as hats, scarves, jewelry, home décor, greeting cards, trinkets, wood carvings, specialty foods, soaps, skincare products, glassware – or if you're a photographer or artist of any kind – we have space for you. Spaces are filling quickly, so if interested in reserving a vending spot, please contact the Church Office as soon as possible by phone at 860-228-3077 or by email at GCC@GileadChurch.net. Also, keep an eye out around Hebron – if you spot one of the Maplefest Craft Fair flyers "in the wild," be sure to grab a pull tab and redeem it at the fair for a free raffle ticket.

St. Peter's Church 2026 EVENTS SCHEDULE

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

- March 22 Celtic Band With Stew
- March 28 Pot Roast Dinner (AHM)
- April 18 Italian Lasagna Dinner (No Freeze)
- May 2 Plant Sale (HIHS)
- May 16 Baked Stuffed Chicken Breast (Town Ctr Project)
- May 30 Witness Stone Installation
- June 5 & 6 Tag Sale *(CODE)
- June 20 Hebron Day
- June 22 Juneteenth
- July 18 Chicken BBQ (Marlborough Food Bank)
- August 15 Pulled Pork (Andover Food Bank)
- September 19 Turkey Dinner (Tara Farm Rescue in Coventry)
- Oct. 3 & 4 Pumpkin Festival *(Hebron Historical Society) Cemetery Tour Sat & Sun

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, March 16th and 30th. 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—February Only Thursdays

Yoga 9:00am—10:00am. **Thursdays, March 5th-March 26th, the March 5th class is the make-up from February 5th cancelled class. New session 3 classes \$9 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.

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.

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, March 4th—March 27th 8 classes for \$24.**

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, March 5th—March 26th (NO Class March 19th) 3 classes \$9. To register call us at 860-228-1700.**

Programs and Activities

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.

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.

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. **NO BINGO THURSDAY, MARCH 19TH**

Chatham Health Monthly Educational Series

NEW DAY. Monday, March 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, 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.

Planning Ahead

Chatham Health Monthly Educational Series Monday, April 27th at 12:15pm, topic TBA in April Newsletter. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings Monday, April 27th, 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—Please join us and the Commission on Aging as we present a health & safety panel for a presentation/discussion and Q & A. Presently we have Resident Trooper Graeme Fraites, Fire Chief Peter Starkel, Fire Marshall Chris Bray, Russel Melmed, Director of the Chatham Health District, and a representative from Amplify CT (promotes best practices that help communities live well and be well). To register, please call 860-228-1700.

Bus Trip to Cracker Barrel

Please join us for lunch and some shopping at the Cracker Barrel Country Store, **Monday, April 27th leave at 11:00am and return approximately 3:00pm, \$5 for transportation.** Space limited to 8 spots. To sign-up, call 860-228-1700.

Bus Trip to Windham Tech's Uncommon Kitchen for Lunch

Wednesday, May 13th Leave at 10:15am, return approximately 12:45. Cost is \$20 (includes transportation) and MUST be received by Wednesday, May 6th. We will be having lunch at Windham Tech's Uncommon Kitchen featuring the food prepared by the culinary students. Menu includes warm rolls and butter, Minestrone Soup, and your choice of entrée (Chicken Florentine, Cod Picatta, or a Chicken Ceasar Salad) detailed description available at the Senior Center, and choice of dessert (Peach Cobbler OR Brownie Sunday). The cost is \$20 per person which includes transportation. Sign-up in person or call 860-228-1700.

What's Happening in The Community

Call for Local Artists Business Owners!

The Town Center Project Committee has announced an open call for local artists, crafters, makers and small businesses to participate in Hebron's Own Expo, a featured attraction at the upcoming 2026 Hebron Maple Festival. This year, the Douglas Library will feature an indoor marketplace showcasing the works of local residents. The Expo will offer participants an opportunity to connect with hundreds of festival attendees and share their work. Hebron residents will receive priority consideration, and space is limited.

Interested participants are encouraged to reach out as soon as possible. To apply, email hebronsownexpo@gmail.com or text 860-368-9125. For more information about the 2026 Hebron Maple Festival, visit thetowncenterproject.org.



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

March 20th

11:00am—12:30pm

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration requested, but not required

WELCOME MEN AGES 60 AND OVER!!!

More than one third of senior respondents said they felt a lack of companionship. When companionship is absent, feelings of isolation are common.

Men are often at a higher risk for social isolation due to a combination of life transitions, health challenges, and societal expectations. As men age, they often experience a gradual separation from friends, family and peers. By age 65 a quarter of men meet the criteria for social isolation.

The Following are Some of the Benefits of a Social Group

- The ability to live a longer and healthier life
 - A boost in mood
 - An increased sense of purpose
 - An aid in maintaining overall well-being
- Promoting and engaging in social interactions
 - Improving cognitive decline

JOIN US HERE AT THE RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Dr, Hebron, CT 06248

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 & Friday, March 27th from 11:00—12:30.





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.*

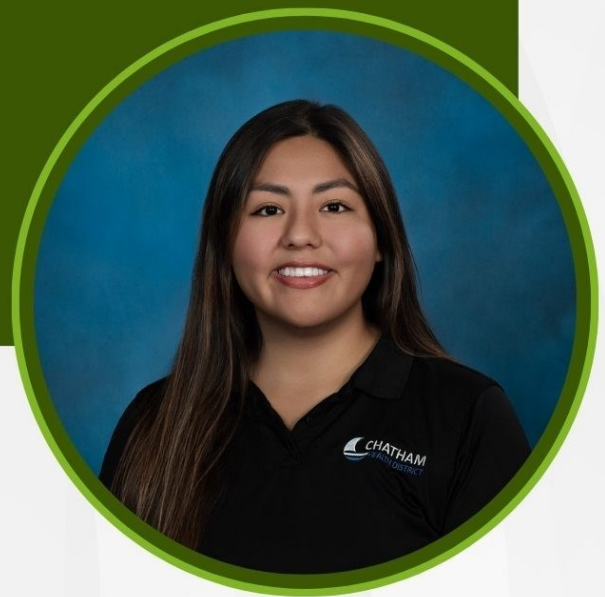


HEALTH EDUCATION PRESENTATION

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!*

Sudoku

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

How to play

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

SOLUTION

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

Dessert Recipe

Old-World Ricotta Cheesecake

Ingredients

- 1-2/3 cups zwieback or plain biscotti crumbs
- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1/3 cup butter, softened

filling:

- 2 cartons (15 ounces each) ricotta cheese
- 1/2 cup sugar
- 1/2 cup half-and-half cream
- 2 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 1 teaspoon finely grated lemon zest

filling

- 1/4 teaspoon salt
- 2 large eggs, room temperature, lightly beaten
- 1 tablespoon lemon juice
- 1 teaspoon finely grated lemon zest
- 1/4 teaspoon salt
- 2 large eggs, room temperature, lightly beaten

topping:

- 1 cup sour cream
- 2 tablespoons sugar
- 1 teaspoon vanilla extract



Directions

1. Combine zwieback crumbs, sugar and cinnamon; mix in butter until mixture is crumbled. Press onto bottom and 1-1/2 in. up side of a greased 9-in. springform pan. Refrigerate until chilled.
2. Preheat oven to 350°. Beat all filling ingredients except eggs until smooth. Add eggs; beat on low until combined. Pour into crust. Place pan on a baking sheet.
3. Bake until center is set, about 50 minutes. Remove from oven; let stand 15 minutes, leaving oven on. Combine topping ingredients; spoon around edge of cheesecake. Carefully spread over filling. Bake 10 minutes longer. Loosen side from pan with a knife; cool 1 hour. Refrigerate 3 hours or overnight, covering when completely cooled. Remove rim from pan. Refrigerate leftovers.

Cool Strawberry Cream

Ingredients

- 2 packages (8 ounces each) cream cheese, softened
- 3/4 cup sugar
- 1/2 cup sour cream
- 3 cups fresh strawberries, mashed
- 1 cup whipped topping

blueberry sauce:

- 1 package (12 ounces) frozen unsweetened blueberries
- 1/3 cup sugar
- 1/4 cup water

Directions

1. Line a 9x5-in. loaf pan with a double thickness of foil. In a large bowl, beat the cream cheese, sugar and sour cream until smooth. Fold in strawberries and whipped topping. Pour into prepared pan. Cover and freeze for several hours or overnight.
2. In a small saucepan, bring the blueberries, sugar and water to a boil; cook and stir for 3 minutes. Cool slightly. Transfer to a blender; cover and process until pureed. Refrigerate until chilled.
3. Remove dessert from the freezer 15-20 minutes before serving. Use foil to lift out of pan; remove foil. Cut dessert into slices with a serrated knife. Serve with blueberry sauce.



Recipes

Cabbage Barley Soup

Ingredients

- 1 cup dried brown lentils, rinsed
- 1/2 cup medium pearl barley
- 3 medium carrots, chopped
- 2 celery ribs, chopped
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- 1 bottle (46 ounces) V8 juice
- 4 cups water
- 8 cups shredded cabbage (about 16 ounces)
- 1/2 pound sliced fresh mushrooms
- 3/4 teaspoon salt

Directions

1. Place first 8 ingredients in a 5- or 6-qt. slow cooker. Add cabbage. Cook, covered, on low until lentils are tender, 6-8 hours.
2. Stir in mushrooms and salt. Cook, covered, on low until mushrooms are tender, 15-20 minutes.



Cabbage Rolls Tips

Ingredients

- 1 medium head cabbage (3 pounds)
- 1/2 pound uncooked ground beef
- 1/2 pound uncooked ground pork
- 1 can (15 ounces) tomato sauce, divided
- 1 small onion, chopped
- 1/2 cup uncooked long grain rice
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon snipped fresh dill or dill weed
- 1/8 teaspoon cayenne pepper
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon sugar

Directions

1. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.
2. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.
3. Slice the remaining cabbage; place in a Dutch oven. Arrange the cabbage rolls seam side down over sliced cabbage. Combine the tomatoes, sugar and remaining tomato sauce; pour over the rolls. Cover and bake at 350° until cabbage rolls are tender, about 1-1/2 hours.



Slow-Cooker Corned Beef and Cabbage

Ingredients

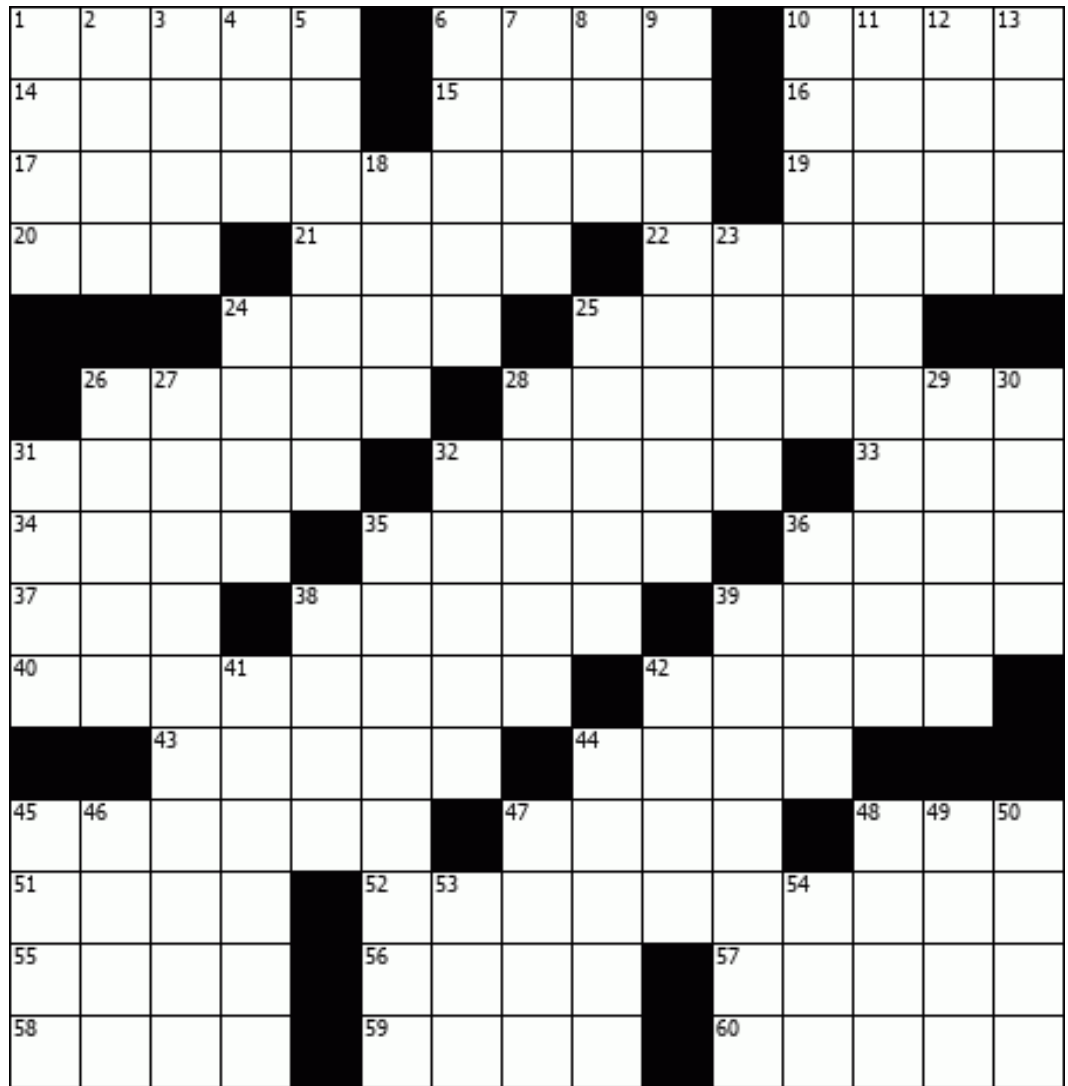
- 1 medium onion, cut into wedges
- 4 large red potatoes, quartered
- 1 pound baby carrots
- 3 cups water
- 3 garlic cloves, minced
- 1 bay leaf
- 2 tablespoons sugar
- 2 tablespoons cider vinegar
- 1/2 teaspoon pepper
- 1 corned beef brisket with spice packet (2-1/2 to 3 pounds), cut in half
- 1 small head cabbage, cut into wedges

1 Directions

1. Place the onion, potatoes and carrots in a 6- to 7-qt. slow cooker. Combine the water, garlic, bay leaf, sugar, vinegar, pepper and contents of spice packet; pour over vegetables. Top with brisket and cabbage.
2. Cover and cook on low for 8-9 hours or until meat and vegetables are tender. Discard bay leaf before serving.



1. "Get Shorty" actress
6. Great place for Chinese or Russian cuisine
10. "Hey, you!"
14. Ice palace of sorts
15. Sondheim's Sweeney
16. Four Corners state
17. Makeup applicator?
19. Go ballistic
20. Peppermint Patty, to Marcie
21. Lustful look
22. Put to work
24. Success for a closer
25. Interrogate
26. Put on
28. Practice exams
31. She played Erin
32. Pass it in church
33. Young 'un
34. Farsi-speaking land
35. Words to live by
36. Kenny Rogers' hit
37. Prohibit
38. Outrigger sailing canoes
39. Copy of a trade name?
40. Norwegian hunting dog
42. Michael and Peter
43. Desperado hunters
44. Pal of Ollie
45. Book boo-boos
47. Friend of Androcles
48. Campaign pro
51. Bell-shaped fruit
52. Required intake of milk and cheese?
55. Places to bed down
56. Freedom from difficulty
57. Felix's roomie
58. Fountain order
59. Easily duped sorts
60. Laminated rock



DOWN

1. Bars of a cage?
2. Not a pretty fruit?
3. Slide over, as words
4. Distress signal
5. "That's gorgeous!"
6. "--- Grows in Brooklyn"
7. Word with grapes or cream
8. Checks eligibility, slangily
9. Stick on
10. "--- Rain"
11. Delay the Whitewater investigator
12. Kind of palm
13. Not we
18. Group of quail
23. Tiny parasite
24. Recreational drive
25. Alumni
26. Earwise
27. Pirate's practical joke?
28. Beg

DOWN

29. Commotions
30. River of Hades
31. Fore-and-aft maneuver
32. Belly to the ground
35. Series of wars to recover the Holy Land
36. Sprat's preference
38. Army base
39. Pencil game entries
41. Gruff
42. Avoirdupois alternative
44. "The X-___"
45. Cast-of-thousands film
46. Gambling mecca

DOWN

47. Thpeak like thith
48. Typewriter type
49. Thermometer type
50. What Orpheus plucked
53. Battery type
54. Bat wood



What's the Point?

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

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

ANTENNA
ANTLER
ARGUMENT
ARROW
BACKGAMMON
BOARD
BALLPEN
BEAK
BIRD TALON
COMPASS
CONE
CORKSCREW
CRAYON

DART
DECIMAL
FINGER
FISH HOOK
FORK
ICE PICK
ICICLE
JAVELIN
KNIFE
NAIL
NOSE
PENCIL

PINE NEEDLE
POINTER STICK
PYRAMID
QUILL
RHINOCEROS HORN
ROCKET
SCALPEL
SCISSORS
SEWING NEEDLE
SHARK TOOTH
SHERIFF'S BADGE
SPEAR

SPIKE
STAPLE
STAR
STYLUS
SWORD
THORN
THUMB TACK
TOOTHPICK
TRIANGLE
TRIDENT
VULCAN EAR
WOODEN STAKE