

2026

Hebron Senior Center Newsletter

April

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 Rocznia	x 202	Program Director	arocznia@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 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.

SENIOR CENTER WILL BE CLOSED FRIDAY, APRIL 3RD FOR GOOD FRIDAY

Health & Safety Panel with Q & A

Tuesday, April 7th at 10:00am—Have you ever wondered how the ambulance decides which hospital to go to? Or who should you call if you or a family member has fallen and needs assistance or what should you or shouldn't call the police/fire/ or ambulance for, what types of services/protections does Chatham Health provideand much more. 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.

You're Invited! Bernice Barrasso Senior Luncheon

The Hebron Lions Club warmly invites seniors living in Hebron and Amston to our annual Bernice Barrasso Senior Luncheon, held in memory of Lion Bernice Barrasso. Join us for a wonderful afternoon filled with delicious food, great company, and lively conversation. When: **Saturday, April 11 Check-In: 11:45 AM Luncheon Begins: 12:00 PM** Hebron Lions Clubhouse Hebron Fairgrounds - Free luncheon — registration required. **Please RSVP by Monday, April 6** Contact Allegra to reserve your seat: email at asrbweir@hebronlions.club or call 860-918-0722 When RSVPing, please include: • Your first and last name • Your lunch preference: Chicken or Salmon. Flyer on page 8

Sound Healing

Monday, April 13th 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.

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.

Chair Yoga and Sound Healing

Tuesday, April 28th 10:00am-Noon - Two part program - **Chair Yoga** a gentle form of yoga that uses a chair for balance or as a prop for poses/asanas. It's based on traditional yoga, which has poses/asanas that date back thousands of years, and incorporates the same core principles, such as breathing, mindfulness, and staying present. Chair yoga can be practiced while seated or standing, and can be done almost anywhere with a chair. Followed by **Sound Bath** experiencing sound healing instruments like crystal bowls that allows the ability of vibrational frequencies to move through skin, fluid and bones of your body. This unique therapy can create a full body relaxation, rejuvenation down to the cellular structure. This 2 hour program cost \$25 and is led by yoga instructor Sara Billings. Sara received her 500hr teaching certification in yoga with Embodyoga(R) in 2000. Currently she teaches regular fitness/yoga and host wellness retreats. Sara brings together the physicality and spirituality in a holistic practice. To register by Monday, April 27th please call 860-228-1700.

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, April 1, 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 April 7th & April 21st, May 5th & May 19th

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. **WEDNESDAY, April 1st Big Y** (we are closed Friday, April 3rd for Good Friday), Friday April 10th Walmart 11:00am, Friday, April 17th Stop & Shop 11:00am, Friday, April 24th Big Y **10:30am**, Friday, May 1st Walmart 11:00am.

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.

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, April 13th and April 27th. 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— Will Be OFF the month of April and will resume Thursday, May 7th

Yoga 9:00am—10:00am. **Thursdays, May 7—May 28th 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.

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, April 1—May 1st (NO CLASS FRIDAY, APRIL 3RD) 9 classes for \$27.**

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, April 2nd—April 30th 5 classes \$15. 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.

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, April 24th from 11:00—12:30. More information on page 7**

Chatham Health Monthly Educational Series

Monday, April 27th at 12:15pm, topic will be on Monitoring at Home. 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

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.

Planning Ahead

Chatham Health Monthly Educational Series Tuesday, May 19th at 12:15pm, topic The Importance of Sleep. Monday, June 22nd, topic Balance/Fall Risk. Please call, 860-228-1700 to register. See flyer page 10

Monthly Blood Pressure Screenings Tuesday, May 19th 11:30-12:30, Public Health Nurse, Vicki Han, RN from Chatham Health will be offering free Blood Pressure screenings, see flyer page 9

Cardio Drumming

Monday, May 11th at 1:00pm, free class, but you must pre-register because space is limited, 860-228-1700. Get ready to move, groove, and have fun with our **Cardio Drumming!** 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. 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—let's drum our way to better health together! Sponsored by The Residence at Glastonbury.

AARP Safe Driving Class

Tuesday, May 12th from 8:50am—1:00pm. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Monday, May 11th by 10:00am When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. To register for the class call the senior center at 860-228-1700. Please note, coffee will be available in the morning, but no food is served, so if you may need something to nosh on, please feel free to bring it with you.

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 Caesar 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.

Lunch & Learn - Mental Health as We Age

Wednesday, June 3rd at Noon. Presented by Kara Caouette, LPC Masonicare Outpatient Services, sponsored by Marlborough Health Center. Join us for a free lunch while you learn about mental health as we age. The lunches choices will be available in May newsletter. You must pre-register by Friday, May 29th.

What's Happening in The Community

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.

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

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| <ul style="list-style-type: none">• 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) | <ul style="list-style-type: none">• 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• Oct. 16,17, &18 St. Peter's 200th Anniversary• Nov. 21 Pork Tenderloin Dinner (WAIM)• Dec. 5 St. Nicholas Fair (non profit TBD) |
|--|--|

Elderly/Totally Disabled Renters Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits (see below). Renters' rebates can be between \$150 and \$900 for married couples and between \$150 and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies – applications taken in 2026 are based on income and rent and utility expenses from 2025.

Application for the renters' tax relief program must be made, **by appointment, with the Hebron Senior Center on or after April 1st and not later than September 30th. There are no extensions permitted, 860-228-1700.**

Payment of Renters' Rebates are made by the CT Office of Policy & Management Tax Relief Unit on or before November 30th.

Eligibility: Recipient or spouse must be 65 years of age or older or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one-year state residency requirement. Grants are based upon income requirements.

Renters

Income Eligibility – 2025 Benefit Year

Filing period April 1, 2026 through September 30, 2026

- Maximum Gross 2025 Income for a Single Individual is \$46,300
- Maximum Gross 2025 Income for a Married Couple is \$56,500



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

April 17th

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 -

The 4th Friday of the month 11:00—12:30.





You're Invited!
Bernice Barrasso Senior Luncheon

The Hebron Lions Club warmly invites seniors living in Hebron and Amston to our annual Bernice Barrasso Senior Luncheon, held in memory of Lion Bernice Barrasso.

Join us for a wonderful afternoon filled with delicious food, great company, and lively conversation.

When: Saturday, April 11

Check-In: 11:45 AM

Luncheon Begins: 12:00 PM

Where: Hebron Lions Clubhouse
Hebron Fairgrounds – Gilead Street

Free luncheon – registration required

Please RSVP by Monday, April 6
Contact Allegra to reserve your seat:
asrbweir@hebronlions.club
860-918-0722

When RSVPing, please include:

- Your first and last name
- Your lunch preference: Chicken or Salmon

We look forward to welcoming you for a lovely afternoon of community, laughter, and good food!





BLOOD PRESSURE CLINIC

Conducted by:

Vickie Han, RN

*Public Health Nurse from
Chatham Health District*



MONDAY, APR 27TH
MONDAY, JUN 22ND

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, APR 27TH
TUESDAY, MAY 19TH
MONDAY, JUNE 22ND**

FROM 12:15 PM - 12:45 PM

**HEBRON
SENIOR CENTER**

14 STONECROFT DR, HEBRON

Come learn about how to manage your chronic conditions at home! Learn about monitoring at home in April, The Importance of Sleep in May, and Balance/Fall Risk in June. There will also be diabetic-friendly recipes given out each month!

Hebron Senior Center Happenings.....April 2026

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

Transportation call 860-228-1700

Mon	Tue	Wed	Thu	Fri
<p>30 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation</p>	<p>31 9:00–3:00 Exer. Rm 9:00-1:00—AARP Taxes 10:00–11:30—Knitting 11:00 Food Truck 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta</p>	<p>April 1 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS Shopping—Big Y (since we are closed on Friday the 3rd) Time TBD</p>	<p>2 9:00–3:00 Exer. Rm ***9:00–10:00 NO Yoga 10:15-11:15 TAI CHI—New session 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage</p>	<p>3 Closed for Good Friday</p>
<p>6 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul</p>	<p>7 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 10:00—Health & Safety Panel Discussion/Q & A 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta</p>	<p>8 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p>9 ***9:00–10:00 NO Yoga 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage</p>	<p>10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 11:00 Shopping— Walmart</p>
<p>13 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation 1:00 Sound Healing School Vacation this week</p>	<p>14 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:00 Food Truck 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta</p>	<p>15 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p>16 9:00–3:00 Exer. Rm ***9:00–10:00 NO Yoga 10:15-11:15 TAI CHI 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage</p>	<p>17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 11:00 Shopping Stop & Shop 11:00-12:30 Caregiver Support Group</p>
<p>20 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:30 Blood Pressure Clinic—drop in 12:15 Chatham Health Presentation</p>	<p>21 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta</p>	<p>22 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p>23 9:00–3:00 Exer. Rm ***9:00–10:00 NO Yoga 10:15-11:15 TAI CHI 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage</p>	<p>24 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 11:00-12:30 Men’s Group 10:30 Shopping - Big Y</p>
<p>27 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15- Meditation 11:00–3:00—Bus Trip to Cracker Barrel</p>	<p>28 9:00–3:00 Exer. Rm 10:00-Noon—Chair Yoga and Sound Healing 10:00–11:30—Knitting 11:00 Food Truck 1:00–2:15 Card Making 12:30–3:30 Hand & Foot Canasta</p>	<p>29 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p>30 9:00–3:00 Exer. Rm ****9:00–10:00 NO Yoga (Yoga returns next week) 10:15-11:15 TAI CHI 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage</p>	<p>May 1 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 11:00 Shopping— Walmart</p>

Sudoku

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

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

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

Dessert Recipe

Ginger-Glazed Grilled Honeydew

Ingredients

- 1/4 cup peach preserves
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped crystallized ginger
- 2 teaspoons grated lemon zest
- 1/8 teaspoon ground cloves
- 1 medium honeydew melon, cut into 2-inch cubes

Directions

1. In a small bowl, combine the first 5 ingredients. Thread honeydew onto 6 metal or soaked wooden skewers; brush with half the glaze.
2. On a lightly oiled rack, grill honeydew, covered, over medium-high heat or broil 4 in. from the heat just until melon begins to soften and brown, 4-6 minutes, turning and basting frequently with remaining glaze.



Gluten-Free Peanut Butter Blondies

Ingredients

- 2/3 cup creamy peanut butter
- 1/2 cup packed brown sugar
- 1/4 cup sugar
- 1/4 cup unsweetened applesauce
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 1 cup gluten-free all-purpose baking flour (without xanthan gum)
- 1-1/4 teaspoons baking powder
- 1 teaspoon xanthan gum
- 1/4 teaspoon salt
- 1/2 cup semisweet chocolate chips
- 1/4 cup salted peanuts, chopped

Directions

1. In a large bowl, combine the peanut butter, sugars and applesauce. Beat in eggs and vanilla until blended. Combine the flour, baking powder, xanthan gum and salt; gradually add to peanut butter mixture and mix well. Stir in chocolate chips and peanuts.
2. Transfer to a 9-in. square baking pan coated with cooking spray. Bake at 350° until a toothpick inserted in the center comes out clean, 20-25 minutes. Cool on a wire rack. Cut into squares.



Recipes

Tortellini with Asparagus & Lemon

Ingredients

- | | |
|---|---------------------------------|
| 2 packages (9 ounces each) refrigerated cheese tortellini | 1 teaspoon minced fresh parsley |
| 3 tablespoons butter | 1/2 teaspoon chopped fresh dill |
| 1 tablespoon olive oil | 1/2 teaspoon grated lemon zest |
| 2 cups cut fresh asparagus (2-inch pieces) | 2 tablespoons lemon juice |
| 3 garlic cloves, minced | 2/3 cup crumbled feta cheese |
| 1/8 teaspoon pepper | 1/3 cup grated Parmesan cheese |
| 2 teaspoons chopped chives | |

Directions

1. Cook tortellini according to package directions. Meanwhile, in a large skillet, heat butter and oil over medium-high heat. Add asparagus; cook and stir 3-4 minutes or until crisp-tender. Add garlic and pepper; cook 1 minute longer.
2. Remove from heat; stir in herbs, lemon zest and lemon juice. Drain tortellini; transfer to a large bowl. Stir in cheeses and asparagus mixture.



Thai Coconut Beef

Ingredients

- 1 boneless beef chuck roast (3 pounds), halved
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 large sweet red pepper, sliced
- 1 can (13.66 ounces) coconut milk
- 3/4 cup beef stock
- 1/2 cup creamy peanut butter
- 1/4 cup red curry paste
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 teaspoons minced fresh gingerroot
- 1/2 pound fresh sugar snap peas, trimmed
- 1/4 cup minced fresh cilantro
- Hot cooked brown or white rice
- Optional toppings: thinly sliced green onions, chopped peanuts, hot sauce and lime wedges

Directions

1. Sprinkle beef with salt and pepper. Place beef and pepper slices in a 5-qt. slow cooker. In a bowl, whisk coconut milk, beef stock, peanut butter, curry paste, soy sauce, honey and ginger; pour over meat. Cook, covered, on low 7-8 hours or until meat is tender.
2. Remove beef; cool slightly. Skim fat from reserved juices. Shred beef with 2 forks. Return beef to slow cooker; stir in snap peas. Cook, covered, on low 45-60 minutes longer or until peas are crisp-tender. Stir in cilantro. Serve with rice and, if desired, toppings of your choice.



Mushroom & Leek Pie

Ingredients

- Dough for single-crust pie
- 12 ounces fresh chanterelle, baby portobello or oyster mushrooms, or a combination of mushrooms
- 3 tablespoons butter, divided
- 1 medium leek (white portion only), halved and sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded cheddar cheese
- 4 large eggs
- 3 tablespoons heavy whipping cream
- Minced fresh parsley, optional

Directions

1. Preheat oven to 375°. On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim crust to 1/2 in. beyond rim of plate; flute edge. Refrigerate while preparing filling.
2. Wipe mushrooms clean with a damp tea towel. Trim stems; quarter or slice large mushrooms.
3. In a large skillet, heat 1 tablespoon butter over medium-high heat. Add leek; cook and stir 2-3 minutes or until tender. Remove from pan.
4. In same pan, heat remaining butter over medium-high heat. Add mushrooms; cook 4-6 minutes or until tender and liquid has evaporated. Stir in leek, salt and pepper. Cool slightly.
5. Sprinkle 1/2 cup cheese onto bottom of crust. Top with mushroom mixture; sprinkle with remaining cheese. In a large bowl, whisk eggs and cream until blended; pour over top.
6. Bake on a lower oven rack until a knife inserted in the center comes out clean, 30-35 minutes. If desired, sprinkle with parsley before serving.



BONUS WORD SEARCH

70's Songs

Find and circle all of these songs from the 1970's that are hidden in the grid. The remaining letters spell the title of an additional song from the 70's.

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

ANGIE

BABE

BAD BLOOD

BETH

BROWN SUGAR

CAR WASH

CONVOY

CRACKLIN' ROSIE

CROCODILE ROCK

DANCING QUEEN

DREAMING

DREAMS

FAME

FREE BIRD

GREASE

HEART OF GLASS

HOT STUFF

HOTEL CALIFORNIA

ISLAND GIRL

JIVE TALKIN'

LAYLA

LE FREAK

LOLA

LOVIN' YOU

LOWDOWN

MACARTHUR PARK

MAGGIE MAY

MISS YOU

MONEY

NIGHT MOVES

OHIO

POP MUZIK

RHIANNON

RHINESTONE COWBOY

RICH GIRL

ROXANNE

SAD EYES

SIR DUKE

STAYIN' ALIVE

SUPERSTITION

THE JOKER

TRAGEDY

VENUS

WATERLOO

YOUR SONG

Across

- 1. Bonds is one
- 6. Distinctive clothing
- 10. Certain Internet page
- 14. Cross swords
- 15. Adams or Brickell
- 16. Course climax
- 17. Party guy
- 20. Nettles
- 21. Word with truth or miss
- 22. B&B
- 23. Mort of stand-up
- 25. Gave a high-five
- 27. Social newcomer
- 30. Put away
- 32. Fed. agcy. since 1908
- 33. Times for celebrating
- 35. Sounds of satisfaction
- 37. Flips through, as pages
- 41. Inventor's goal, perhaps
- 44. It may be caught
- 45. Type of hop
- 46. Frequent plaintiff
- 47. Vanity
- 49. Bluenose
- 51. Did possess
- 52. Pause in a verse
- 56. Utopia
- 58. Fertilization sites
- 59. The longest sentence?
- 61. Type of punch
- 65. What to put to impress people?
- 68. Layered treat
- 69. Moon goddess
- 70. Creepy
- 71. Country's Lovett
- 72. Gung-ho spirit
- 73. Change consumers?

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					72				73					

DOWN

- 1. Sounds from baby
- 2. Ferrous thing
- 3. Wide-eyed
- 4. Some chilly models?
- 5. Showy fish
- 6. It goes in a setting
- 7. Arabian gulf
- 8. They're chosen for your sake?
- 9. Sake
- 10. The other woman
- 11. Primrose
- 12. It's been remembered since 1898?
- 13. Make corrections
- 18. Beatty-Hoffman film
- 19. Ready to plow
- 24. Garden soils

DOWN

- 26. Michelangelo work
- 27. Spendthrift's hangover
- 28. At any time
- 29. Software test
- 31. Hooting cry of excitement
- 34. Pens for porkers
- 36. Bolivian capital, officially
- 38. St. Louis attraction
- 39. Roosevelt pet
- 40. Common tater
- 42. Swallow up
- 43. 23 follower
- 48. Colorful songbird
- 50. Art categories
- 52. Programmer's language
- 53. Animator Tex

DOWN

- 54. Atelier item
- 55. Run ___ of the law
- 57. Handrail support
- 60. Sicilian smoker
- 62. Poi ingredient
- 63. Court order
- 64. Keats offerings
- 66. Ballerina's asset
- 67. Geisha's accessory

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

Puzzle Solution © OnlineCrosswords.net

Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS
 BEANS
 BEETS
 BIENNIAL
 BROCCOLI
 CARROTS
 COMPOST
 CULTIVATE
 DAISIES
 DIGGING
 FERTILIZER
 FLOWERS
 FUCHSIA

GARDEN
 GERANIUMS
 GLOVES
 GNOME
 GREENHOUSE
 GROW
 HOES
 HORTICULTURE
 HOSE
 HYDRANGEA
 LILACS
 LILIES
 MARIGOLDS

ORGANIC
 PEAS
 PERENNIAL
 PETUNIAS
 PINWHEEL
 PITCH FORK
 PLANTING
 RAIN
 RAKE
 RELAXING
 ROSES
 ROWS

SEEDS
 SHOVEL
 SOIL
 SPADE
 SUNSHINE
 TOMATOES
 TROWEL
 TULIPS
 VEGETABLES
 WATER
 WEEDS
 WHEELBARROW