

2026

# Hebron Senior Center Newsletter

May

## 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
Dennis Farrar	x 204	Adult & Senior Services Social Worker	dfarrar@hebronct.gov
Linda Zaccaro	x 200	Receptionist	Lzaccaro@hebronct.gov
TBD	x 202	Program Director	

## SENIOR CENTER WILL BE CLOSED MONDAY, MAY 25TH FOR MEMORIAL DAY

### Moving Onto a New Chapter

Dear Gentle Readers—I wanted to take a moment to say thank you and goodbye. After ten and a half years as the Program Coordinator here at the Russell Mercier Senior Center, I have decided it's time for a new chapter in my life and I will be retiring. I have had the great pleasure serving this community and it has been an honor to do what I could to provide programs and activities of various interests to create a mix of diverse events. My greatest pleasure was getting to know so many of you personally and helping you in any way I could. A decision like this, did not come lightly, and even after all my planning, the part I didn't plan for was the outpouring of support and kind comments I have already received as word leaked out. That has meant so much to me and that has been making these final days so hard. I'm so grateful to all of you and for making my time here a wonderful experience. I also want to thank my co-workers who have been such a pleasure to work with and especially Sharon Garrard-Hoffman who has been such a fantastic "boss" over the years. I wish you all well and I look forward to the next chapter.

### 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.

### Chatham Health Monthly Educational Series

**Tuesday, May 19th** at 12:15pm, topic will be the importance of sleep and **June 22nd** topic will be balance/fall risks. 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.

## **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, May 6, 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 May 5th & May 19th, June 2nd, 16th, & 30th**

at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone welcome, no forms to fill out. Please bring your own bags.

To talk to us about any of our services please call the food bank at 860-228-1681.

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

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

## **Meals on Wheels—Home Delivered Meals**

If you are 60+ years or older you can sign up to have meals delivered to your home Monday—Friday between 11:15am—12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack) and, if desired, a cold supper can also be added. Weekend meals can also be added which are delivered cold on Friday to be reheated over the weekend. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Besides the general information form we fill out, you will need a diet order from your physician and that's it to get started. The diet order can specify meals to be modified (if needed) to accommodate allergies, low sugar (diabetic issues), low sodium, and also modified consistency including cut up or ground. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days. Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals **please contact us at 860-228-1700** and ask to speak with the social worker, Dennis Farrar, ext. 204.

## **Weekly Shopping Trips**

Pre- registration is required by noon the day before the trip. Please call 860-228-1700. **Please take note of different times.** Friday, May 1st Walmart 11:00am, Friday, May 8th Stop & Shop 11am, Friday, May 15th Big Y 9am, Friday, May 22nd Walmart 9am, Friday, May 29th Stop & Shop 9am, June 5th Big Y 11am.

## **Transportation**

860-228-1700

Through the Russell Mercier Senior Center, transportation is available for seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs. Hebron/Amston Residents. Dial-a-Ride operates on a first-come—first-served basis with a minimum of 24hr notice (48hrs for new riders). Making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments/transportation Senior Center's congregate nutritional lunch program
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)
- 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—On Hiatus**

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**

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, May 6th—May 29th 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, May 7th—May 28th 4 classes \$12. 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, May 22nd from 11:00—12:30. More information on page 7**

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

Tuesday, May 19th at 12:15pm, topic will be the importance of sleep and **June 22nd** topic will be balance/fall risks. 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**

**No Clinic in May. Next one is Monday, June 22nd, 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

### **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 to be determined, BUT please sign-up and we will contact you once we have the choices. You must pre-register by Friday, May 29th.

### **A Walk in Their Shoes—Dementia Simulation**

A specific date has not yet been set, but when we have a date it will be released. Please join Heather Toutain from The Residence of Glastonbury as she will take you through a simulation experience to better understand and empathize with what living with Alzheimer's or other forms of dementia can be like. We will guide you through the challenges of compromised vision, hearing and dexterity which all affect cognition.

### **Sound Healing**

Date for June to be published in Rivereast and June newsletter, 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.

### **Sunshine Singers Kick-Off to Summer Concert**

Please join the Sunshine Singers on **Thursday, July 2nd at 11:30am** for a kick off to summer concert. They will be singing a variety of songs sure to make you sing-a-long as we head into summer. The concert is free, light refreshments served. Please RSVP so we have a set-up head count, 860-228-1700.

## 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](http://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"><li>• May 2 Plant Sale (HIHS)</li><li>• May 16 Baked Stuffed Chicken Breast (Town Ctr Project)</li><li>• May 30 Witness Stone Installation</li><li>• June 5 &amp; 6 Tag Sale *(CODE)</li><li>• June 20 Hebron Day</li><li>• June 22 Juneteenth</li><li>• July 18 Chicken BBQ (Marlborough Food Bank)</li></ul> | <ul style="list-style-type: none"><li>• August 15 Pulled Pork (Andover Food Bank)</li><li>• September 19 Turkey Dinner (Tara Farm Rescue in Coventry)</li><li>• Oct. 3 &amp; 4 Pumpkin Festival *(Hebron Historical Society) Cemetery Tour Sat &amp; Sun</li><li>• Oct. 16, 17, &amp; 18 St. Peter's 200th Anniversary</li><li>• Nov. 21 Pork Tenderloin Dinner (WAIM)</li><li>• Dec. 5 St. Nicholas Fair (non profit TBD)</li></ul> |
|--|--|

### **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

**May 15th**

**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.**





# BLOOD PRESSURE CLINIC

Conducted by:

**Vickie Han, RN**

*Public Health Nurse from  
Chatham Health District*



**MONDAY, APR 27<sup>TH</sup>**  
**MONDAY, JUN 22<sup>ND</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, APR 27<sup>TH</sup>  
TUESDAY, MAY 19<sup>TH</sup>  
MONDAY, JUNE 22<sup>ND</sup>**

**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.....May 2026

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

**Transportation call 860-228-1700**

Mon	Tue	Wed	Thu	Fri
<p><b>27</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>NO MEDITATION</b> <b>11:00–3:00—Bus Trip to Cracker Barrel</b></p>	<p><b>28</b></p> <p>9:00–3:00 Exer. Rm <b>10:00-Noon—Chair Yoga and Sound Healing</b> 10:00–11:30—Knitting 11:00 Food Truck 12:30–3:30 Hand &amp; Foot Canasta 1:00–2:15 Card Making</p>	<p><b>29</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p><b>30</b></p> <p>9:00–3:00 Exer. Rm ***9:00–10:00 <b>NO</b> 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><b>May 1</b></p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:45-11:45 FABBS</b></p> <p><b>11:00 Shopping—Walmart</b></p>
<p><b>4</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul</p>	<p><b>5</b></p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting 12:30–3:30 Hand &amp; Foot Canasta 1:00–2:15 Card Making</p>	<p><b>6</b></p> <p>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></p>	<p><b>7</b></p> <p>9:00–3:00 Exer. Rm <b>9:00–10:00 Yoga—New Session</b> <b>10:15-11:15 TAI CHI– New Session</b> 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00–5:30 Massage</p>	<p><b>8</b></p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:45-11:45 FABBS</b></p> <p><b>11:00 Shopping— Stop &amp; Shop</b></p>
<p><b>11</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul</p> <p><b>1:00– 2:00 Cardio Drumming</b></p>	<p><b>12</b></p> <p><b>8:50-1:00 AARP Driving Class</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:00 Food Truck 12:30–3:30 Hand &amp; Foot Canasta 1:00–2:15 Card Making</p>	<p><b>13</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15 Bus Trip to Windham Tech lunch</b> 10:45-11:45 FABBS</p>	<p><b>14</b></p> <p>9:00–3:00 Exer. Rm 9:00–10:00 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><b>15</b></p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>9:00 Shopping Big Y</b> <b>11:00-12:30 Caregiver Support Group</b></p>
<p><b>18</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul</p>	<p><b>19</b></p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting <b>12:15 Chatham Health Presentation—Importance of Sleo</b> 12:30–3:30 Hand &amp; Foot Canasta 1:00–2:15 Card Making</p>	<p><b>20</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p><b>21</b></p> <p>9:00–3:00 Exer. Rm 9:00–10:00 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><b>22</b></p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS <b>11:00-12:30 Men's Group</b> <b>9:00 Shopping - Walmart</b></p>
<p><b>25</b></p> <p><b>CLOSED</b> <b>Memorial Day</b></p>	<p><b>26</b></p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting 12:30–3:30 Hand &amp; Foot Canasta 1:00–2:15 Card Making</p>	<p><b>27</b></p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS</p>	<p><b>28</b></p> <p>9:00–3:00 Exer. Rm 9:00–10:00 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><b>29</b></p> <p>9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:45-11:45 FABBS</b></p> <p><b>9:00 Shopping— Stop &amp; Shop</b></p>

## Sudoku

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

## 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

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

## Dessert Recipe

### Dirty Banana Trifle

#### Ingredients

- 2 packages (8 ounces each) cream cheese, softened, divided
- 2 cans (14 ounces each) sweetened condensed milk, divided
- 1-1/2 cups Kahlua (coffee liqueur), chilled
- 2-1/2 cups cold 2% milk, divided
- 2 packages (3.9 ounces each) instant chocolate pudding mix
- 3 cartons (8 ounces each) frozen whipped topping, thawed, divided
- 9 whole chocolate graham crackers, coarsely crushed
- 2 packages (3.4 ounces each) instant banana cream pudding mix
- 1-1/2 cups coarsely crushed vanilla wafers (about 45 wafers)
- 5 medium bananas, sliced
- Additional wafers, crushed chocolate graham crackers and sliced bananas

#### Directions

1. In a large bowl, beat 1 package cream cheese and 1 can condensed milk until blended. Beat in Kahlua, 1/2 cup milk and chocolate pudding mix until thickened, about 2 minutes. Fold in 1 carton whipped topping, then chocolate graham crackers.
2. In another large bowl, beat remaining cream cheese and condensed milk until blended. Beat in remaining 2 cups milk and the banana pudding mix until thickened, about 2 minutes. Fold in 1 carton whipped topping, vanilla wafers and bananas.
3. Spread chocolate pudding mixture in the bottom of a 6- or 7-qt. trifle bowl or glass bowl. Layer with 1-1/2 cups whipped topping and banana pudding mixture; top with remaining 1-1/2 cups whipped topping. Cover and refrigerate overnight.
4. Garnish with additional wafers, crushed chocolate graham crackers and sliced bananas before serving.



### Overnight Fruit Salad

#### Ingredients

- 3 large eggs, beaten
- 1/4 cup sugar
- 1/4 cup white vinegar
- 2 tablespoons butter
- 2 cups green grapes
- 2 cups miniature marshmallows
- 1 can (20 ounces) pineapple chunks, drained
- 1 can (15 ounces) mandarin oranges, drained
- 2 medium firm bananas, sliced
- 2 cups heavy whipping cream, whipped
- 1/2 cup chopped pecans

#### Directions

1. In a double boiler over medium heat, cook and stir eggs, sugar and vinegar until mixture is thickened and reaches 160°. Remove from the heat; stir in butter. Cool.
2. In a large serving bowl, combine grapes, marshmallows, pineapple, oranges and bananas; add cooled dressing and stir to coat. Refrigerate for 4 hours or overnight. Just before serving, fold in whipped cream and pecans.



## Recipes

### Crustless Spinach Quiche

#### Ingredients

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 tablespoon canola oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 large eggs
- 3 cups shredded Muenster or Monterey Jack cheese
- 1/8 teaspoon pepper

#### Directions

1. In a large skillet, saute onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.



### Vermicelli Pasta Salad

#### Ingredients

- 12 ounces uncooked vermicelli
- 1 bottle (16 ounces) creamy Italian salad dressing
- 1 small green pepper, chopped
- 1 small sweet red pepper, chopped
- 6 green onions, chopped
- 1 teaspoon dill seed
- 1 teaspoon caraway seeds
- 1 teaspoon poppy seeds

#### Directions

1. Cook vermicelli according to package directions. Drain; transfer to a large bowl. Add remaining ingredients; toss to coat. Refrigerate until cold.



### Key West Flank Steak

#### Ingredients

- 1 large red onion, sliced
- 1 cup minced fresh cilantro
- 1/4 cup white wine vinegar
- 1/4 cup Key lime juice
- 3 tablespoons extra virgin olive oil, divided
- 6 Key limes, halved
- 1 beef flank steak (1 pound)
- 1 teaspoon kosher salt
- 1/8 teaspoon pepper

#### Directions

1. In a small bowl, combine onion, cilantro, vinegar, lime juice and 2 tablespoons oil until blended. Pour 1 cup marinade into a large bowl or shallow dish. Add lime halves. Rub steak with remaining oil; sprinkle with salt and pepper. Add to bowl; turn to coat. Refrigerate 8 hours or overnight. Cover and refrigerate remaining marinade.
2. Drain steak, discarding marinade and limes in bowl. Place reserved marinade in a food processor; process until chopped.
3. Grill steak, covered, over medium heat or broil 4 in. from heat until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well; 145°), 6-8 minutes per side. Baste occasionally with reserved marinade. Let stand 10 minutes before thinly slicing steak across the grain. If desired, serve with additional onion, limes, and cilantro.



**Across**

- 1. Result of a punch in the face, perhaps
- 7. Ticker tapes?
- 11. "6-pack" muscles
- 14. Procession
- 15. Literary sleuth Wolfe
- 16. "\_\_\_ Clown" (Cole Porter tune)
- 17. Quote, part 1
- 19. Op or Pop follower
- 20. Approaches
- 21. Vocal quality
- 22. 1952 Winter Olympics site
- 23. Baby's second word?
- 24. Quote, part 2
- 26. Quartet minus one
- 28. Spotted
- 29. Obtain by flattery
- 33. Bar, legally
- 37. "Agnus \_\_\_"
- 38. Quote, part 3
- 41. "\_\_\_ Como Va" (Tito Puente favorite)
- 42. It pours from pores
- 44. Star golfer from South Africa
- 46. Some necklines
- 49. "Lemme \_\_\_!"
- 50. Quote, part 4
- 54. Tabletop sculpture
- 58. Deli side
- 59. Attire
- 60. Shaping machine
- 61. "Silent" Coolidge, familiarly
- 62. Casino owner/speaker of quote
- 64. Lend a hand
- 65. Rice-shaped pasta
- 66. Short sock
- 67. Golf teacher
- 68. Exam for high-school jrs.
- 69. Medicine givers

- DOWN**
- 1. Stimulate the economy
  - 2. "\_\_\_ nice day!"
  - 3. "\_\_\_ you loud and clear"
  - 4. Tell
  - 5. Rival of Ben and Jerry's

**DOWN**

- 6. Confederate soldier
- 7. Finish with
- 8. Macroeconomics pioneer John Maynard \_\_\_
- 9. Dolphins Hall of Fame QB Bob
- 10. "Mayday!" relative
- 11. Put to shame
- 12. Comedian called "the thief of bad gags"
- 13. Didn't use, as a news story
- 18. "Lawrence of Arabia" star Peter
- 22. Has title to
- 24. Like a piccolo's range
- 25. \_\_\_-weenie
- 27. Thelma of film fame
- 29. Superegos inhibit them
- 30. Just out
- 31. Contend (for)

**DOWN**

- 32. Katrina's or Wilma's center
- 34. Single digit
- 35. Popeye's Olive
- 36. Footlike part
- 39. In an unpleasant mood
- 40. Entry fee for a poker hand
- 43. Declare bluntly
- 45. Builds a levee
- 47. Lawn-care tools
- 48. Piece of poetry
- 50. Tin Pan Alley org.
- 51. Special talent
- 52. Nick \_\_\_ (rival of 44 across)

**DOWN**

- 53. "Believe It \_\_\_"
- 55. Worth having
- 56. Blacksmith, at times, or a farrier
- 57. Portable shelters
- 60. Floor covering, in Britain
- 62. Dizzy's jazz
- 63. Ill-behaved

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						45				
			46				47	48									
50	51	52								53				54	55	56	57
58																	
61																	
64																	
67																	

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

## Old TV Shows 3

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

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

ADDAMS FAMILY  
 AVENGERS  
 BATMAN  
 BEWITCHED  
 BRADY BUNCH  
 CHARLIE'S ANGELS  
 COACH  
 COLUMBO  
 COSBY SHOW  
 CYBILL  
 DRAGNET

FAMILY TIES  
 GET SMART  
 GOLDEN GIRLS  
 GUNSMOKE  
 HAPPY DAYS  
 HARRY O  
 HIGHLANDER  
 HOGAN'S HEROES  
 HOTEL  
 I LOVE LUCY

KNOTS LANDING  
 KUNG FU  
 LONE RANGER  
 MAGNUM P.I.  
 MANNIX  
 MASH  
 MCCLLOUD  
 MONKEES  
 NIGHT GALLERY  
 PRETENDER

QUANTUM LEAP  
 QUINCY  
 ROCKFORD FILES  
 ROSEANNE  
 STAR TREK  
 THE SAINT  
 TWIN PEAKS  
 WINGS  
 WONDER YEARS  
 X FILES