

2026

Hebron

Senior Center Newsletter

July

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
Ruth Reinwald	x 202	Program Coordinator	TBA

THE SENIOR CENTER WILL BE CLOSED FRIDAY, JULY 3RD FOR THE HOLIDAY

Change is inevitable. Sometimes by choice and sometimes not. Sometimes happy and sometimes not. Whatever the situation may be, change stirs up both emotional and physical responses. And it requires adaptation. So as we experience change at the Senior Center, we'll be making adaptations.

As you know, Mandy Rocznik who has been our Program Coordinator for the past 10 ½ years, made the decision several months ago to retire. I am extremely happy for her and know that she will be enjoying her "free" time. So many of you who are already retired tell me that you're now busier than ever, and I'm absolutely sure that that will hold true for Mandy as well. Mandy was not just a superb and dedicated Program Coordinator, but was our go to person for anything mechanical (which is pretty broad since I'm not mechanically inclined by any stretch of the imagination), and also for technical issues with our phones, computers, etc. She also was able to assist many of you who were struggling with using your cell phones. I could go on and on about her character, but Mandy is someone who I value beyond words and truly enjoyed spending Mondays through Fridays with for more than a decade. I will miss her terribly as I know you will too.

The Program Coordinator position that Mandy held will now be filled by an extremely capable individual who we are looking forward to having on board. Her name is Ruth Reinwald and she'll be joining us in early July. I know that you will all welcome her and make her feel at home.

Since I've been asked several times about the history related to our part-time front desk position, I'm providing the following - Years ago, having identified the need for a receptionist/clerical support person, I sought to creatively fill that position on a part-time basis by utilizing a 100% Federally funded resource known as the Senior Community Services Employment Program (SCSEP). Linda Zaccaro came to us 8 years ago through SCSEP in May of 2018, and we were fortunate enough to retain that program's funding through April 2024. She then became a Town employee in May 2024 with a state grant fully covering her position through to June 2025. In July 2025, Linda's part-time position then, after 7 years, became solely Town-funded. With the budget referendum failing for the second time, the third referendum vote includes the elimination of Linda's position effective this June 30. This is an extremely sad occurrence for Linda, for the Senior Center participants, and for myself.

Linda's job title surely doesn't adequately depict the indispensable role that she has played. Linda ensured that the Senior Center was a welcoming and enjoyable place to be, with her radiant personality and the unique flare that she has for decorating the center to coincide with the seasons and holidays. When we held special events, Linda was always an integral part of the team with her "all hands on deck" attitude from set up to clean up and everything in between. She was also a pro at making the Center festive with her impeccable attention to detail.

Although Linda's position was eliminated, the need for the services she provided still remain. So we'll be avidly seeking volunteers who are willing to perform the above mentioned tasks plus stepping up to the plate as soon as possible to:

- Answer phones and appropriately provide information and direct callers to staff
- Greet and direct Senior Center attendees and ensure that they are appropriately registered with up to date emergency contacts
- Prepare all sign up and promotional materials for Senior Center programs and enroll participants
- Make program participant and Dial-a-Ride reminder phone calls along with any change or cancellation calls.
- Filing and copying

If you are willing to volunteer, or know someone who might be able to volunteer, **please** let us know.

Again, change is inevitable and requires adaptation. As always, we are committed to doing our very best to serve you.

Sharon - Senior Services Director

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, September 3, 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 July 14th & 28th

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—Day & Time Change

Pre- registration is required by noon the day before the trip. Please call to register, 860-228-1700. **CHANGING TO THURSDAY MORNINGS AT 8:15, STARTING JUNE 18TH.** June 25th Stop and Shop, July 2nd Big Y, July 9th Walmart, July 16th Stop & Shop, July 23rd Big Y, July 30th Walmart.

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

*******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.

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

Tuesday, July 7th at 11:00am. 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. Please call to register 860-228-1700.

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. Closed Friday, July 3rd for the holiday.

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.

Yoga

ga 9:00am—10:00am. Thursdays, July 9th—July 30th, 4 classes, \$12 Drop-in fee is \$5 per class. Instructor, Laurie Pas-teryak, 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

Thursdays, 1:00-3:00. 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, July 8—July 31st, 8 classes for \$24.** We are closed Friday, July 3rd, no class.

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 Thursday, July 9th—July 30th, 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

Mondays and Thursdays—massage therapist, **Beverly Williams** offering 25 minute and 50 minute chair/table or hot stone massages (longer times are available, just ask), 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, July 24th from 11:00—12:30. More information on page 7**

Chatham Health Monthly Educational Series

Monday, July 27th at 12:15pm, topic will be Gut Health. Future dates and topics; Monday, August 24th, 12:15 and the topic is hydration and Monday, September 28th 12:15pm and the topic will be vaccines . 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, July 27th, Monday, August 24th and Monday, September 28th all **from 11:30am—12:30pm**. 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.

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

What's Happening in The Community

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 chowder

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
Oct. 16, 17, & 18 St. Peter's 200th Anniversary
Nov. 21 Pork Tenderloin Dinner (WAIM)
Dec. 5 St. Nicholas Fair (non profit TBD)

Independence Day Celebration

All are invited to begin their Independence Day celebration in true Hebron fashion by gathering at 9 a.m. on July 4 outside the Old Town Hall in the center of town. This year's program will feature the presentation of the 250th Oratorical Essay Contest Award, where the winning student will present the winning essay. The one-hour program will also include patriotic music, songs, and poetry, along with a commemorative Flag Ceremony conducted by local veterans. Hebron Scouts will assist in a public reading of the Declaration of Independence. Also, visitors will have the opportunity to view a community collage reflecting what freedom means to many neighbors, purchase commemorative 250th anniversary merchandise, and enter a raffle for a magnificent handmade quilt. The program will conclude with an inspiring address, "Let Freedom Ring."

Hebron Summer Concert Series

The Town Center Project (TTCP) announces the return of the Hebron Summer Concert Series. Concerts will take place Friday nights running throughout July and into August, on the side lawn of 17 Main St., Century 21. Picnics welcome! The lineup is: June 26: The Patty Tuite Band – blues, jazz and rock. July 10: The Big Deal – featuring Motown and southern rock July 17: ZZ Not – a ZZ Top tribute band; July 24: The Bart Bryant Band – he's performed original music on this stage and at Hebron Maple Fest in the past. July 31: Bonnie Jacobson and Friends -- Local, veteran musician who performs regularly with acoustic originals; Aug. 14: One Part Harmony – a local duo playing folk, country and rock music. TTCP is a 501(c)3 nonprofit organization that completely runs on volunteers. Follow on Facebook at facebook.com/towncenterprojectinc for current updates, or at www.thetowncenterproject.org for more information on TTCP, its events and its mission.

Tax Bills to be Mailed

Real estate and motor vehicle taxes may be paid through Aug. 3 without penalty. Payments received/postmarked Aug. 4 or later will be subject to interest retroactively to the July 1 due date, in accordance with Connecticut General Statutes. Initial interest starting Aug. 4 is 3% of the principle due with a minimum of \$2 per tax account. The acting revenue collector for the Town of Hebron reminds taxpayers that real estate first installment and motor vehicle tax bills will be mailed June 30, and may be paid July 1-Aug. 3. The bills are for taxes levied on the Grand List of Oct. 1, 2025. Real estate tax bills of less than \$250 and motor vehicle tax bills shall be due in a single installment on July 1. Real estate tax bills over \$250 shall be due and payable in two installments – one on July 1 and the other on Jan. 1, 2027. The first installment of the real estate tax bill will utilize an interim mill rate of 36.85 mills, as approved by the Board of Finance. The second installment will capture a set mill rate once the budget passes, including any difference from the first installment bill. Personal property bills will be billed once the budget passes and a mill rate is set, and will have a different due date. If you feel you should have received a bill and have not by July 7, contact the tax collector's office at 860-228-5971. State statutes dictate that failure to receive a bill does not invalidate the amount due or when it will be considered delinquent. Checks are made payable to: Town of Hebron. Payments may be mailed to our lockbox collection service: Town of Hebron CT Tax, P.O. Box 843137, Boston, MA 02284-3137. A drop-off box is located on the lower level, south side of the Hebron Town Hall building (15 Gilead St., Hebron) for payments. See the town website www.hebronct.com for online payment options and instructions. The tax collector's office is located in the lower level of Town Hall at 15 Gilead St. Hours are Monday to Wednesday, 8 a.m.-4 p.m.; Thursday, 8 a.m.-6 p.m.; and Friday, 8 a.m.-1 p.m. Additionally, the tax and assessor's office is closed for lunch Monday-Thursday from 12:30-1:15 p.m. The office will also be closed Friday, July 3, when the town observes Independence Day.



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

July 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.



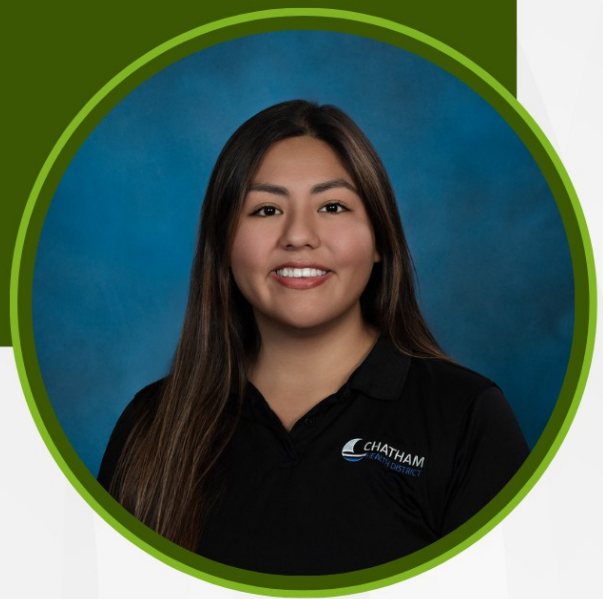


HEALTH EDUCATION PRESENTATION

Presented by:

**Stephanie Reyes,
MPH, CHES**

*Prevention Program Coordinator
from Chatham Health District*



MONDAY, JUL 27TH

MONDAY, AUG 24TH

MONDAY, SEP 28TH

FROM 12:15 PM - 12:45 PM

HEBRON

SENIOR CENTER

14 STONECROFT DR, HEBRON

Come learn about Gut Health in July, Hydration in August, and Vaccines in September! There will also be diabetic-friendly recipes given out each month!



BLOOD PRESSURE CLINIC

Conducted by:

Vickie Han, RN

*Public Health Nurse from
Chatham Health District*



MONDAY, JUL 27TH

MONDAY, AUG 24TH

MONDAY, SEP 28TH

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.*

AMERICAN RED CROSS HOME FIRE PREPAREDNESS CAMPAIGN



HOME FIRE PREPAREDNESS CAMPAIGN

Reducing fire injury and deaths one home at a time

At no cost to you, we would like to share some simple steps you can take at home that will help you protect your family against fire. In addition, the Red Cross will install FREE smoke alarms within your home. Visits generally last 20 minutes and can be scheduled at your convenience.

During your home visit you will receive:

- Installed smoke alarms if needed
- Guidance in the development of a Family Disaster Plan
- Valuable emergency preparedness tips and information

All demonstration and installation services are performed by Red Cross trained volunteers and/or licensed/insured professionals.

Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 and choose option 1 to schedule your visit.



FAITHFUL FRIENDS PET LOSS SUPPORT GROUP

Town of Hebron
Russell Mercier Senior Center
12 Stonecroft Drive
Hebron, CT 06248

The Support Group meets on
2nd Friday of the month
From 11am – Noon
FOR MORE INFORMATION CALL:
DENNIS 860-228-1700 EXT. 204
or
JANET AT 860-798-2749
(Registration IS Recommended)



Hebron Senior Center Happenings.....July 2026

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

Transportation call 860-228-1700

Mon	Tue	Wed	Thu	Fri
29 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—5:30 Massage	30 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:15 Food Truck 12:30—3:30 Hand & Foot Canasta 1:00—2:15 Card Making	July 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	July 2 8:15—Shopping Big Y 9:00—3:00 Exer. Rm 9:00—10:00 Yoga 10:15-11:15 TAI CHI 11:30-12:45 Sunshine Sing- ers Summer Kick-off Concert 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00—5:30 Massage	July 3 CLOSED for 4th of July
6 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—5:30 Massage	7 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00-12:00 A Walk in Their Shoes Dementia Presentation 12:30—3:30 Hand & Foot Canasta 1:00—2:15 Card Making	8 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 new session—FABBS	9 8:15 Shopping— Walmart 9:00—3:00 Exer. Rm 9:00—10:00 Yoga—new session 10:15-11:15 New session- TAI CHI 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00—5:30 Massage	10 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS
13 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—5:30 Massage	14 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00 Food Truck 12:30—3:30 Hand & Foot Canasta 1:00—2:15 Card Making	15 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	16 8:15 Shopping S & S 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	17 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 11:00-12:30 Caregiver Support Group
20 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—5:30 Massage	21 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 12:30—3:30 Hand & Foot Canasta 1:00—2:15 Card Making	22 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	23 8:15 Shopping Big Y 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	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
27 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00—5:30 Massage 11:30-12:15 Chatham Health Blood Pressure Clinic 12:15 Chatham Health Educational Pres.— Gut Health	28 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 11:00 Food Truck 12:30—3:30 Hand & Foot Canasta 1:00—2:15 Card Making	29 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	30 8:15 Shopping Walmart 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	31 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS

Sudoku

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

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

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

Dessert Recipe

Galette

Ingredients

- 1 1/2 cups all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 10 tablespoons cold unsalted butter
- 4 tablespoons 2% milk
- 1 large egg yolk, room temperature
- FILLING:
- 1 pound medium peaches, peeled and
- cut into 1/2-inch slices (about 3 cups)

Directions

1. In a large bowl, mix flour, sugar and salt; cut in butter until crumbly. Combine milk and egg yolk; gradually add to flour mixture, tossing with a fork until dough holds together when pressed. Shape into a disk; cover and refrigerate for 1 hour or overnight.
2. Preheat oven to 350°. On a lightly floured surface, roll dough to a 13-in. circle. Transfer to a parchment-lined 14-in. pizza pan. Refrigerate, covered, while preparing filling.
3. For filling, combine peaches, blueberries, brown sugar, flour, cinnamon and salt. Arrange over crust to within 1-1/2 in. of edge. Fold crust edge over filling, pleating as you go and leaving an opening in the center. Brush beaten egg over folded crust; sprinkle with demerara sugar.
4. Bake until crust is golden and filling is bubbly, 50-55 minutes. Transfer tart to a wire rack to cool for 10 minutes before cutting. Serve warm, with ice cream, if desired.

Filling Continued

- 2 cups fresh or frozen blueberries
- 1/4 cup packed light brown sugar
- 2 tablespoons all-purpose flour
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1 large egg, beaten
- 2 tablespoons demerara sugar



Fluffy Key Lime Yogurt Pie

Ingredients

- 1/4 cup boiling water
- 1 package (3 ounces) lime gelatin
- 2 cartons (6 ounces each) Key lime yogurt
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1 9-inch graham cracker crust

Directions

1. In a large bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust.
1. Refrigerate, covered, until set, about 2 hours.



Recipes

Grilled Jalapeños

Ingredients

- 24 fresh jalapeno peppers
- 3/4 pound bulk pork sausage
- 12 bacon strips, halved

Directions

1. Wash peppers. Cut a slit along one side of each pepper. Remove seeds; rinse and dry peppers.
2. In a skillet, cook sausage over medium heat until no longer pink; drain. Stuff peppers with sausage and wrap with bacon; secure with soaked toothpicks.
3. Grill peppers, uncovered, turning frequently, over medium heat until tender and bacon is crisp, about 15 minutes.



Garden Chickpea Salad

Ingredients

Dressing

- 1/2 teaspoon cumin seeds
- 1/4 cup chopped tomato
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper

Salad:

- 3/4 cup canned garbanzo beans or chickpeas, rinsed and drained
- 1 medium carrot, julienned
- 1 small zucchini, julienned
- 2 green onions, thinly sliced
- 1/2 cup coarsely chopped fresh parsley
- 1/4 cup thinly sliced radishes
- 1/4 cup crumbled feta cheese
- 3 tablespoons chopped walnuts
- 3 cups spring mix salad greens



Directions

1. For dressing, in a dry small skillet, toast cumin seeds over medium heat until aromatic, stirring frequently. Transfer to a small bowl. Stir in tomato, lemon juice, oil, garlic, salt and cayenne pepper.
2. In a bowl, combine chickpeas, carrot, zucchini, green onions, parsley, radishes, cheese and walnuts. Stir in 1/3 cup dressing.
3. To serve, divide greens between 2 plates; top with chickpea mixture. Drizzle with remaining dressing.

Tequila Lime Shrimp Zoodles

Ingredients

- 3 tablespoons butter, divided
- 1 shallot, minced
- 2 garlic cloves, minced
- 1/4 cup tequila
- 1-1/2 teaspoons grated lime zest
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 medium zucchini, spiralized (about 6 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup minced fresh parsley
- Additional grated lime zest

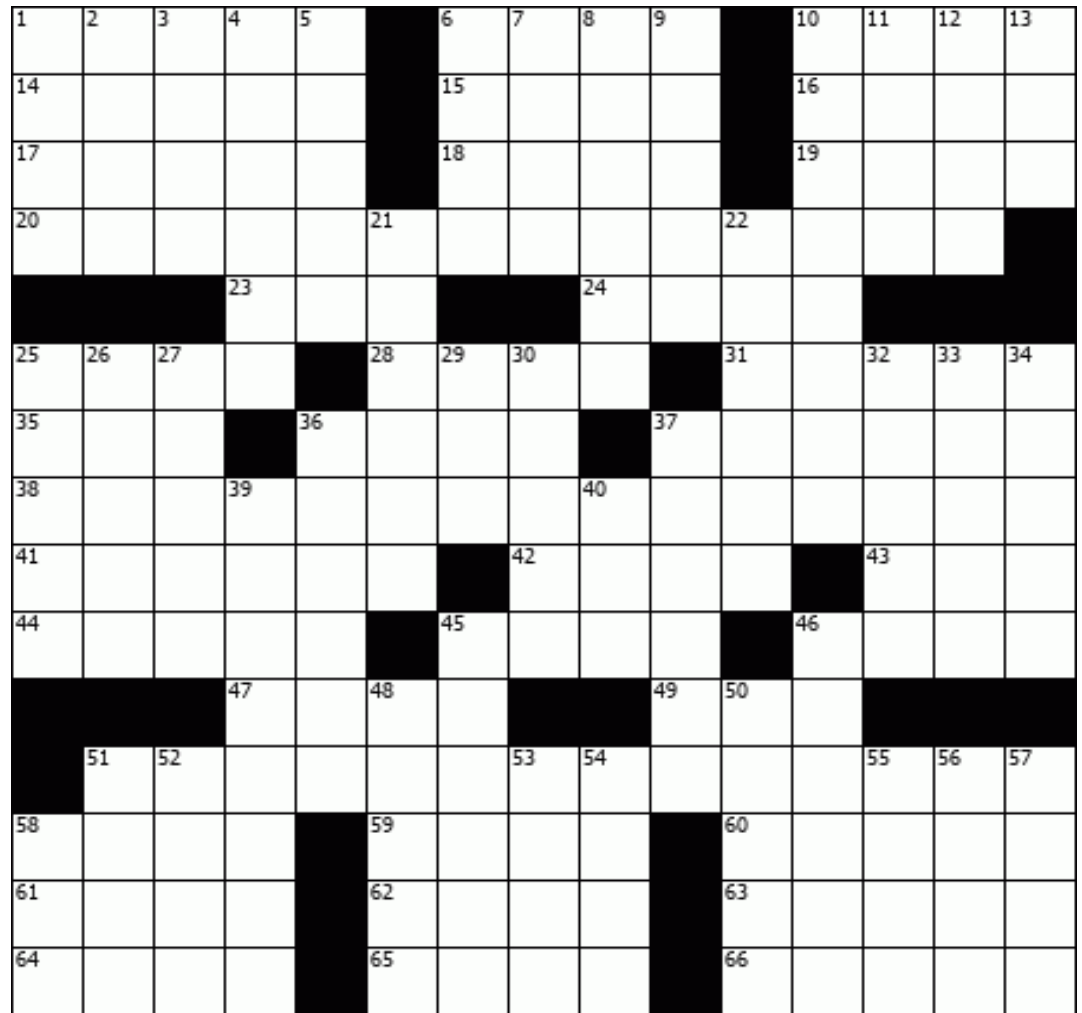


Directions

1. In a large cast-iron or other heavy skillet, heat 2 tablespoons butter over medium heat. Add shallot and garlic; cook 1-2 minutes. Remove from heat; stir in tequila, lime zest and lime juice. Cook over medium heat until liquid is almost evaporated, 2-3 minutes.
2. In a large cast-iron or other heavy skillet, heat 2 tablespoons butter over medium heat. Add shallot and garlic; cook 1-2 minutes. Remove from heat; stir in tequila, lime zest and lime juice. Cook over medium heat until liquid is almost evaporated, 2-3 minutes.

Across

1. Sooner's alternative
6. Dalai ____ (chief Tibetan monk)
10. Apprentice
14. Place to remember
15. Look ____ (visit briefly)
16. One with will power?
17. Served as gondolier
18. "____ as a bug in a rug"
19. Pontificate
20. Entry requirement, sometimes
23. Baby word
24. Fret and fume
25. Arena take
28. Opposite of flushed
31. Costa ____, Spain
35. Pet for King Solomon
36. Man Friday
37. Relating to the eye
38. Spy
41. Car styles
42. Dutch town
43. Some of the IBM line
44. Authority to decide
45. Short reptile?
46. Oft-quoted unnamed ones
47. "So what ____ is new?"
49. "To Kill a Mockingbird" author
51. It's often buried
58. Charles' game
59. "Help ____ the way!"
60. Pricey strings, for short
61. "Yeah, right!" in teen-speak
62. Soul singer Hendryx
63. Conduct the class
64. Like Helen Keller
65. ____ per second (luminosity unit)
66. 1991-93 Australian Open winner



DOWN

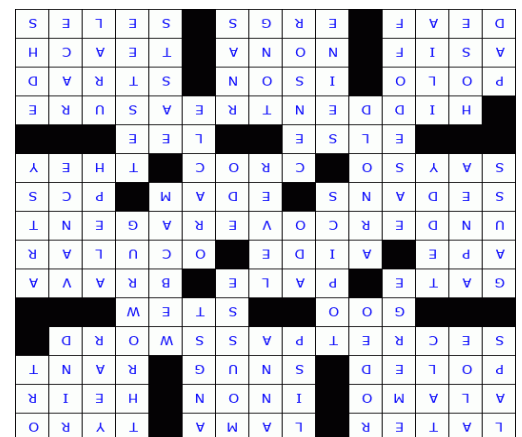
1. Drinks like a cat
2. Skin cream additive
3. Powder ingredient
4. Come to the fore
5. Beverly Hills Drive
6. Say "something" wrong?
7. "The King and I" schoolteacher
8. Whipped dessert
9. Feeling of foreboding
10. Small floor covering
11. Senior or junior
12. Coat you throw away without regret
13. Fun food for Fido
21. Talking points
22. Transmitter of digital photographs
25. Magnetic induction unit
26. Sleep disorder
27. Woman's one-piece undergarment
29. Bustle
30. It may pry

DOWN

32. Beth follows it
33. Ball cohort
34. Like some craft shows
36. First name in action films
37. Delphic prophet
39. Retreated, in a way
40. Tokyo, formerly
45. Sitcom overseer

DOWN

46. Final taker
48. Rouen's river
50. Some bridge defenders
51. NASCAR engine part
52. Pelvic bones
53. Chinese society
54. Gene components
55. River past Orsk
56. Word with human and rat
57. Anglo-Saxon letters
58. Bachelor's digs



Puzzle Solution © OnlineCrosswords.net

Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON