

2026

Hebron

Senior Center Newsletter

June

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

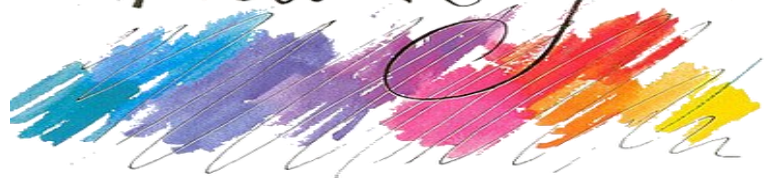
Phone: (860) 228-1700; Fax: (860) 228-4213

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TBD	x 202	Program Director	

Heartfelt Thank You

Dear Gentle Readers—I want to thank everyone who attended my retirement party, contributed to my retirement gift, signed the cards hanging on the bulletin board, left me cards, and all the many and various well wishes. I had prepared by dotting the I's and crossing the T's to make sure everything was all set, but what I wasn't prepared for was the out pouring of well wishes and pleasantries shared by so many. You always hope when you do a job, that you make a difference, but to be told by so many that you actually have and will be missed, that's something extra special and really blew me away. Thank you all so much.

Thank You!



FREE 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 are either turkey or tuna deli sandwich, chips, and a cookie, space is limited so please sign-up early. The presentation is here at the Senior Center. You must pre-register by Monday, June 1st at 10:00am if you want lunch, but you can still come and listen even if you don't plan on having lunch, but either way, please register so we know if we have enough people to run the program, 860-228-1700.

A Walk in Their Shoes—Dementia Simulation

Two separate presentations, **Monday, June 22nd at 11:00am and 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 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.

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, June 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 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 to register and for pick-up times, 860-228-1700. **Fridays unless otherwise noted.** June 5th Walmart, June 12th Stop and Shop, June 19th Big Y, June 26th Stop and Shop, **Wednesday, July 1st (special date since we are closed on July 3rd) 8:30am Big Y**, July 10th Walmart, July 17th Stop & Shop, July 24th, Big Y, July 31st Walmart. Again, times to be determined each week based on driver availability.

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. **NO CLASS JUNE 2nd**

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 Roczniaik who has been practicing mindful meditation for 17 years. To register call 860-228-1700.

Yoga

Yoga 9:00am—10:00am. *Please note—June 4th is the make-up class from the cancelled class on May 21st.* **Thursdays, June 11th—July 2nd, 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

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, June 3rd—July 1st (NO CLASS Wednesday, June 10th, Friday, June 12th, or Friday, June 19th) 6 classes for \$18.** 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, June 4th— July 2nd (NO CLASS JUNE 11th) 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, June 19th from 11:00—12:30. More information on page 7**

Chatham Health Monthly Educational Series

Monday, June 22nd at 12:15pm, 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

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.

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 chowders

- June 5 & 6 Tag Sale *(CODE)
- June 22 Juneteenth
- July 18 Chicken BBQ (Marlborough Food Bank)
- August 15 Pulled Pork (Andover Food Bank)
- September 19 Turkey Dinner (Tara Farm Rescue in Coventry)
- Oct. 3 & 4 Pumpkin Festival *(Hebron Historical Society) Cemetery Tour Sat & Sun
- Oct. 16, 17, & 18 St. Peter's 200th Anniversary
- Nov. 21 Pork Tenderloin Dinner (WAIM)
- Dec. 5 St. Nicholas Fair (non profit TBD)

Juneteenth Weekend Coming Up

All are welcome to attend two special events celebrating Juneteenth in Hebron. **On Friday, June 19, at 6:30 p.m.**, there will be a special performance at St. Peter's Church (in a collaboration between the Sanctuary Performing Arts and CoDE). Actor Fred Morsell will give a portrayal of Frederick Douglass, reading his famous speech, "What to a Slave is the Fourth of July." "It is a great honor to have such an accomplished actor come to Hebron – all the way from Montana – to help us commemorate Juneteenth and our country's 250th anniversary," said the Rev.

Ron Kolanowski, rector of St. Peter's Church. For tickets (\$20/adults, \$5/youth), visit www.zeffy.com/en-US/ticketing/juneteenth-3.

*** The next day, on **Saturday, June 20, Hebron's fifth annual Juneteenth Celebration will be held from noon-3 p.m. at the Peters House, 150 East St. (in Burnt Hill Park) in Hebron.** This is a collaboration among the Coalition on Diversity & Equity (CoDE), the Peters family, and the Town of Hebron. The event is being organized by members of the Peters family, descendants of Cesar Peters — an enslaved man who lived and worked as a skilled laborer in Hebron and with his wife Lois raised a family. Their story of gaining freedom and purchasing property – and starting a legacy that continues today in the form of their descendants – is an important part of Hebron's (and America's) history. At the Juneteenth Celebration, there will be singing, drumming and dance, storytelling, spoken word, children's activities, soul food and dessert, and discussions about the lives of Cesar Peters and his descendants. *** Juneteenth is a national holiday that commemorates the end of slavery in the United States. It marks the day in 1865 when a Union Army general arrived in Texas with 2,000 soldiers and informed over 250,000 Black Americans enslaved in Texas that slavery had been abolished following the conclusion of the Civil War. This was two and a half years after Abraham Lincoln's Emancipation Proclamation had declared that "all persons held as slaves ... henceforward shall be free."

THE TOWN CENTER PROJECT

OLD FASHIONED BASEBALL GAME & FAMILY PICNIC

★ ★ (I WILL FOLLOW U2- U2 TRIBUTE BAND IMMEDIATELY AFTER BASEBALL GAME) ★ ★

10:00AM
TO
4:00PM



21
JUNE

WOODSTOCK
HILLTOPPERS

VS

HEBRON
MAPLE LEAFS
(RESIDENTS)

**VETERAN'S MEMORIAL PARK
66 WALL ST HEBRON CT**

Concession stand will be open with burgers, hot dogs, chips, soda, water and gatorade!
Family Picnic (bring your own food and beverages, no alcohol please)

SPONSORED BY: TOWN OF HEBRON | SMALL TOWN, BIG HEART. ALL ARE WELCOME!

Small Town PRIDE

ANNUAL PRIDE MONTH CELEBRATION • HEBRON, CT

LOCAL VENDORS / FAMILY FUN / TOGETHERNESS

JUNE 13

2026

10AM - 3PM

AHM

25 Pendleton Dr.

**FRIDAY 6.12.26
PRIDE PERFORMANCE:
A LESBIAN BELLE TELLS
6:30PM - 8PM • 30 CHURCH ST.**



SIGN UP TO BE A VENDOR: tinyurl.com/STP-Vendor





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

June 19th

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 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.*

FAITHFUL FRIENDS PET LOSS SUPPORT GROUP

**Town of Hebron
Russell Mercier Senior Center**

WHY PET LOSS SUPPORT GROUPS ARE IMPORTANT

Pet loss support groups provide a **safe, understanding environment** where people can process the unique grief of losing a beloved companion. Pets are often considered part of the family, and their loss can feel like losing a close family member or relative.

In short, pet loss support groups are important because they **validate your pain, connect you with others who truly understand, and give you tools to heal** – all of which are essential when grieving a pet who was a cherished part of your life.

If you or someone you know is seeking support due to the loss of a pet, contact Social Worker, Dennis Farrar 860-228-1700 ext. 204 at the Russell Mercier Senior Center and/or Nurse and co-facilitator Janet Helado-Boyce @ 860-798-2749 for additional information.





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.....June 2026

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

Transportation call 860-228-1700

Mon	Tue	Wed	Thu	Fri
June 1 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	2 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 12:30—3:30 Hand & Foot Canasta 1:00—2:15 NO CLASS Card Making	3 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 12:00-1:00 Free Lunch & Learn—Registration required for lunch	4 9:00—3:00 Exer. Rm 9:00—10:00 Yoga make-up for cancelled May class 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	5 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS 11:00 Shopping— Walmart
8 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	9 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	10 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NO CLASS FABBS	11 9:00—3:00 Exer. Rm 9:00—10:00 Yoga—new session 10:15-11:15 NO CLASS TAI CHI 10:15 Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg 9:00—5:30 Massage	12 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NO CLASS- FABBS 11:00 Shopping— Stop & Shop
15 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	16 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	17 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	18 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	19 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 NO CLASS- FABBS 9:00 Shopping Big Y 11:00-12:30 Caregiver Support Group
22 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:00-12:00 A Walk in Their Shoes Dementia Pres. 11:30-12:15 Chatham Health Blood Pressure Clinic—FREE 12:15 Chatham Health Edu- cational Pres.— Balance & Fall Risk	23 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	24 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	25 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	26 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 9:00 Shopping - Stop and Shop
29 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	30 9:00—3:00 Exer. Rm 10:00—11:30—Knitting 12:30—3:30 Hand & Foot Canasta 1:00—2:15 Card Making	July 1 8:30—Shopping Big Y 9:00—3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:45-11:45 FABBS	July 2 9:00—3:00 Exer. Rm 9:00—10:00 Yoga 10:15-11:15 TAI CHI 11:30-12:45 Sunshine Singers 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

Sudoku

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

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

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

Dessert Recipe

Pina Colada Lush

Ingredients

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 1/2 cup packed brown sugar
- 1 package (8 ounces) cream cheese, softened
- 1 can (8 ounces) crushed pineapple, drained
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 2 cups whole milk
- 1 package (3.4 ounces) instant coconut cream pudding mix
- 1 carton (8 ounces) frozen whipped topping, thawed, divided
- 1/2 cup sweetened shredded coconut, toasted
- Maraschino cherries, optional

Directions

1. Combine the graham cracker crumbs, butter and brown sugar in a large bowl. Press onto the bottom and up sides of a greased 13x9-in. baking dish.
2. In a second bowl, beat together cream cheese, pineapple and confectioners' sugar. Stir in vanilla extract; spread into crust.
3. In same bowl, whisk together milk and pudding mix until thickened, about 2 minutes. Fold in 1 cup whipped topping; spread pudding mixture over the cream cheese mixture. Top with remaining whipped topping.
4. Sprinkle with toasted coconut. Refrigerate, covered, until set, about 3 hours. If desired, garnish with cherries.



Strawberry Icebox Cake

Ingredients

- 2 cups heavy whipping cream
- 2/3 cup confectioners' sugar
- 2 teaspoons vanilla extract
- 13-1/2 whole graham crackers
- 1 pound fresh strawberries, sliced

Directions

1. In a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until soft peaks form.
2. Spread 1/2 cup cream mixture in the bottom of an 8x8-in. dish. Top with a single layer of graham crackers. Spread with 1 cup whipped cream and 1 cup strawberries. Repeat layers twice with remaining cream, graham crackers and strawberries, starting with graham cracker layer.
3. Refrigerate at least 4 hours or overnight.



Recipes

Chicken Lettuce Wraps

Ingredients

- 3 1/2 Tbsp. canola oil, divided
- 2 3.5-ounce containers shiitake mushrooms, stems removed and chopped
- Kosher salt and pepper
- 1 1/4 lb. boneless, skinless chicken thighs, trimmed and cut into 1/2-inch pieces
- 2 cloves garlic, finely chopped
- 1 tsp. grated ginger
- 1/4 cup hoisin sauce
- 1 Tbsp. low-sodium soy sauce
- 1 tsp. rice vinegar
- 1 tsp. sriracha
- 1/2 tsp. toasted sesame oil
- 1 8-ounce can sliced water chestnuts, drained and finely chopped
- 4 scallions, finely chopped, dark green parts reserved for topping
- Toasted sesame seeds, for sprinkling
- 1 small head butter lettuce, leaves separated

Directions

1. Heat 2 tablespoons canola oil in large skillet on medium-high. Add mushrooms, season with 1/4 teaspoon each salt and pepper, and cook, stirring occasionally, until golden brown, 4 to 5 minutes. Transfer to plate.
2. In same skillet, heat remaining 1 1/2 tablespoons canola oil on medium-high. Add chicken in single layer, then season with 1/4 teaspoon each salt and pepper. Cook undisturbed until golden brown, 3 to 4 minutes. Turn, stir in garlic and ginger, and then cook, turning once or twice more and gently breaking up chicken, until cooked through, 2 to 3 minutes.
3. Meanwhile, in small bowl, stir together hoisin, soy sauce, vinegar, sriracha, and sesame oil.
4. Add sauce to pan and stir until coated. Remove from heat, then fold in water chestnuts, scallions (white and light green parts), and mushrooms, scraping up browned bits. Sprinkle with reserved scallion greens and sesame seeds. Spoon into lettuce leaves and serve immediately.



Beet Orzotto

Ingredients

- 2 Tbsp. olive oil
- 1 small onion, finely chopped
- Kosher salt and pepper
- 2 large cloves garlic, grated or pressed
- 1 1/2 cups orzo
- 1 large beet (about 10 ounces), peeled and coarsely grated (about 2 cups)
- 1 Tbsp. low-sodium vegetable bouillon base (we used Better Than Bouillon)
- 1/4 cup grated Pecorino Romano
- 1/4 cup refrigerated pesto
- 1/4 cup sour cream
- 2 Tbsp. chopped chives
- 2 tsp. lemon zest

Directions

1. Heat oil in large skillet on medium. Add onion, season with 1/4 teaspoon each salt and pepper and cook, covered, stirring occasionally, 5 minutes. Stir in garlic and cook 2 minutes.
2. Stir in orzo and beet to coat, then add 3 cups water and whisk in bouillon base until incorporated; bring to a simmer. Simmer, covered, stirring occasionally, until orzo is just barely tender, 10 to 12 minutes. Remove from heat and stir in pecorino.
3. Serve beet orzotto swirled with pesto and sour cream, then sprinkle with chives and lemon zest.



Sheet-Pan Chipotle Lime Shrimp Bake

Ingredients

- 1-1/2 pounds baby red potatoes, cut into 3/4-inch cubes
- 1 tablespoon extra virgin olive oil
- 3/4 teaspoon sea salt, divided
- 3 medium limes
- 1/4 cup unsalted butter, melted
- 1 teaspoon ground chipotle pepper
- 1/4 teaspoon pepper
- 1/2 pound fresh asparagus, trimmed
- 1/2 pound Broccolini or broccoli, cut into small florets
- 1 pound uncooked shrimp (16-20 per pound), peeled and deveined
- 2 tablespoons minced fresh cilantro

Directions

1. Preheat oven to 400°. Place potatoes in a greased 15x10x1-in. baking pan; drizzle with olive oil. Sprinkle with 1/4 teaspoon sea salt; stir to combine. Bake for 30 minutes. Meanwhile, squeeze 1/3 cup juice from limes, reserving fruit. Combine the lime juice, melted butter, chipotle, remaining 1/2 teaspoon sea salt and pepper.
2. Remove pan from the oven; stir potatoes. Arrange asparagus, Broccolini, shrimp and reserved limes on top of potatoes. Pour lime juice mixture over vegetables and shrimp.
3. Bake until shrimp turn pink and vegetables are tender, about 10 minutes longer. Sprinkle with minced fresh cilantro.



Beatles Songs 1

Find and circle all of the songs by The Beatles that are hidden in the grid. The remaining letters spell the name of an additional

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

ANOTHER GIRL

ASK ME WHY

BIRTHDAY

BLACKBIRD

CRY BABY CRY

DAY TRIPPER

DEAR PRUDENCE

DIG A PONY

ELEANOR RIGBY

FIXING A HOLE

FLYING

GET BACK

GETTING BETTER

HELLO GOODBYE

HEY BULLDOGS

HEY JUDE

HONEY PIE

I ME MINE

I WILL

IF I FELL

IN MY LIFE

JULIA

LADY MADONNA

LOVELY RITA

MICHELLE

NO REPLY

OH DARLING

PLEASE PLEASE ME

POLYTHENE PAM

SEXY SADIE

SOMETHING

SUN KING

TAXMAN

TELL ME WHY

THE END

TICKET TO RIDE

TWO OF US

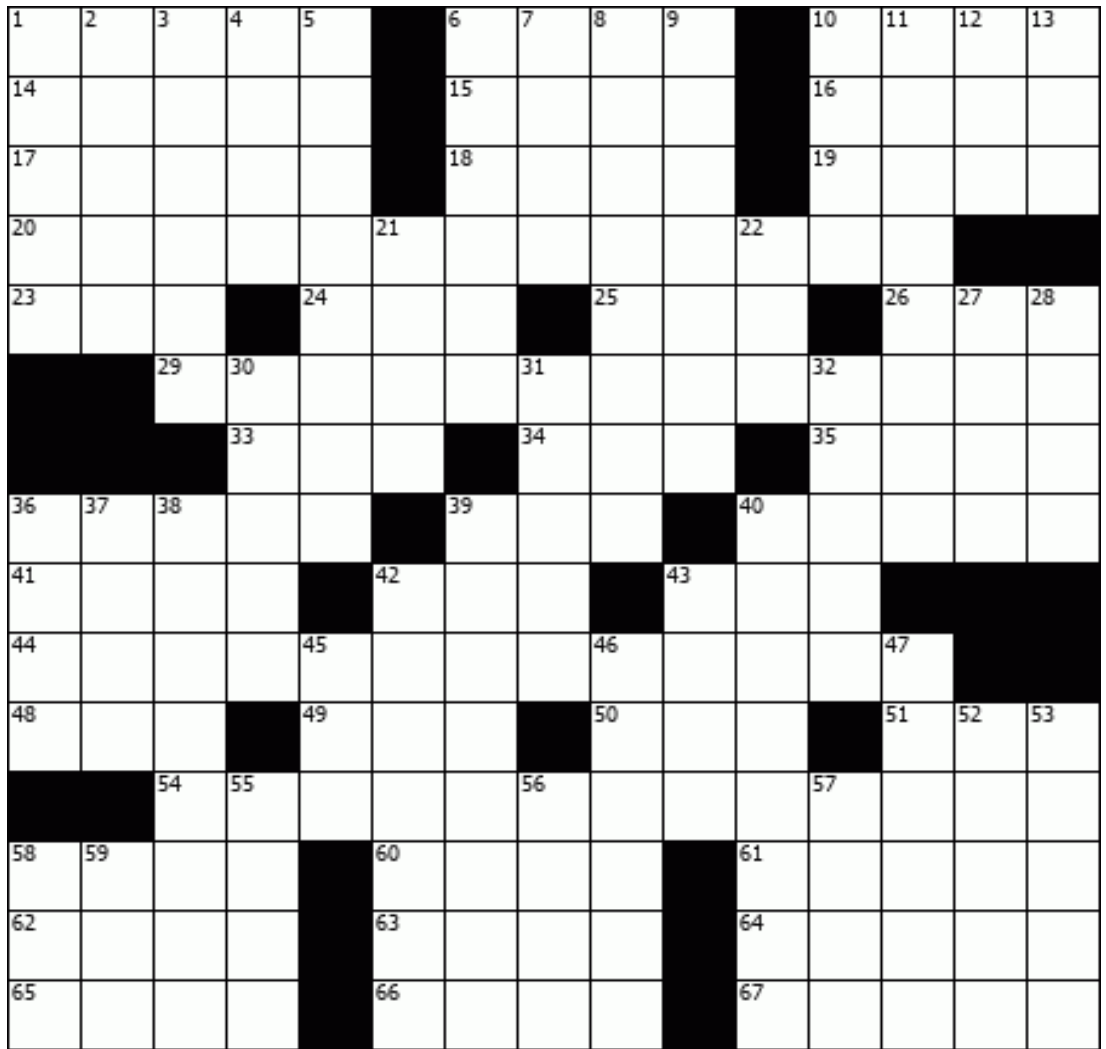
WAIT

YER BLUES

YESTERDAY

Across

1. Sandbar
6. Takes the bull by the horns
10. Portent
14. First in a series
15. Fingerboard ridge
16. Hemingway, for one
17. Profit
18. Memorization by repetition
19. Canyonlands locale
20. Home cook's low-cal staple?
23. System starter?
24. It often comes to a stop
25. A guy on the green
26. Landmark Supreme Court name
29. Home cook's salad choice?
33. Albanian coin
34. Join forces, in a way
35. Chihuahua snack
36. Revise
39. Word with cap or coat
40. Country on the Irish Sea
41. TV's Roseanne
42. Honorarium
43. Tropical garland
44. Home cook's entree?
48. Title in India
49. Ward workers
50. Peachy keen
51. Historical period
54. Home cook's breakfast enhancement brand?
58. School visitor of rhyme
60. White wader
61. Aspirin targets
62. Jim Davis mutt
63. German actress Sommer
64. Tune for the unhip
65. Candlelike
66. Core element?
67. New drivers, often



DOWN

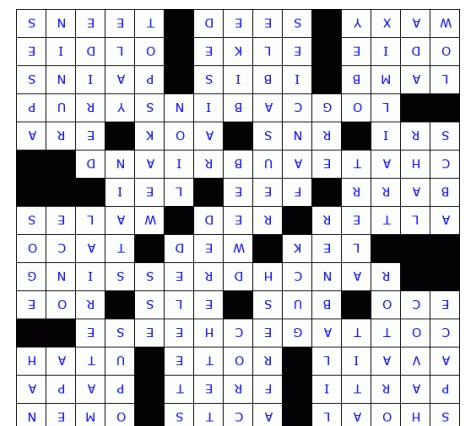
1. Sci-fi setting
2. Ruinous damage
3. Elocutionist
4. Quarreling
5. Sadie Hawkins Day originator
6. From the top
7. Gator cousin
8. On a short leash
9. Braced (oneself)
10. Numbered piece
11. Kind of witness
12. Fed. regulator since 1970
13. "Ixnay"
21. Thick, messy stuff
22. Double switchback
27. Without repetition
28. Things that may become bruised
30. Trouble indicator

DOWN

31. Nerdish guy
32. Prepare a slide
36. How-to stuff
37. Co-star of a 1939 classic
38. Backpacker's fare
39. Fit for repeated service
40. Achilles' heel
42. Likes
43. Role for 37-Down

DOWN

45. Work or energy unit
46. Upped the ante
47. Make fun of
52. Argument
53. Nave endings
55. Mind
56. Armstrong transport
57. Common ground for Bush and Kerry
58. Contemptible



Puzzle Solution © OnlineCrosswords.net

Golf

Find and circle all of the golf words that are hidden in the grid. The remaining letters spell a Mark Twain quotation.

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

ALBATROSS
 APPROACH
 BACK NINE
 BACKSPIN
 BALL
 BIRDIE
 BOGEY
 BUNKER
 CADDIE
 CART
 CHIP

CLUBHOUSE
 CLUBS
 CONDOR
 COURSE
 DIVOT
 DRIVER
 DRIVING RANGE
 EAGLE
 FAIRWAY
 FLAGSTICK
 FORE

GREEN
 GRIP
 GROSS SCORE
 HANDICAP
 HOLE IN ONE
 HOLES
 HOOK
 IRON
 NET SCORE
 PAR
 PUTTER

ROUGH
 RULES
 SHOT
 SLICE
 STROKE
 SWING
 TEE OFF
 TREES
 WATER HAZARD
 WEDGE
 WOOD