

Hebron



Senior Newsletter



RUSSELL MERCIER SENIOR CENTER

14 Stonecroft Drive, Hebron, CT 06248

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

Website: www.hebronct.com/senior.htm

Monday—Thursday 8:00am-4:30pm, Friday 8:00am—1:00pm



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Social Worker



HEBRON COMMISSION ON AGING Pamela Meliso : Chairperson

Gloria Catullo, Laura Bennett, Cecile Piette, Barbara Soderberg, Beth Schmeizl,

Alternates: William Witt, Ginny Grabowski; Board of Selectmen Liaison: Gail Richmond

Probate Judge Speaker Panel

Wednesday, July 25th from 7:00 - 8:30pm.

Join us at the Russell Mercier Senior Center to listen, learn, and have your questions answered from several local probate judges (including Hebron's Probate Judge Sean Peoples) as they participate in a speaker panel discussing all issues related to what they do, what you need to know, and everything in between. This is open and recommended for adults, all ages. Sign-up is recommended.

Please call 860-228-1700. Doors will open at 6:45pm.

Probate and You

What Does a Conservator Do?

Hon. Sean Michael Peoples, Judge of Glastonbury-Hebron Probate Court

A conservator is a person that the Probate Court may appoint to manage either the personal affairs or financial matters of an adult person. The appointment of a conservator may be voluntary or involuntary. A voluntary conservator is appointed when a person files an application with the Probate Court requesting assistance with handling his or her own affairs. The Court will hold a hearing at which the person must be present. The Court may then appoint a conservator. An involuntary conservator is appointed only after the Probate Court determines that a person is mentally incompetent and cannot manage his or her own affairs. The Court will hold a hearing at which the person may be represented by an attorney. Medical evidence may be required to demonstrate the person's condition and the Court may order a medical examination of the person. The Probate Court must find by clear and convincing evidence that the person is incapable of caring for him or herself. In 2016, the Glastonbury-Hebron Probate Court opened twenty-two (22) new conservatorship files.

Two types of conservatorships exist. A conservator of the person is one who manages the personal affairs of a person by typically ensuring that the person has food, shelter and medical care. A conservator of the person must report annually to the Probate Court on the conserved's condition. A conservator of the estate is one who manages the assets and legal interests of a person. A conservator of the estate must compile an inventory of the conserved person's assets within two months of the appointment. The conservator of the estate must also pay the conserved person's bills.

A conservator need not be a legal professional. Although sometimes a lawyer may serve as conservator, a family member or friend may also serve as a conservator. The Probate Court will take into consideration the preferences of the person being conserved, but can ultimately appoint a conservator that the Court finds would be in the best interests of the conserved individual.

If you have any questions, please contact the Glastonbury-Hebron Probate Court, located at 2143 Main Street in Glastonbury. The Court's hours of operation are Monday - Friday 8:30 a.m. – 4:30 p.m., Tuesdays, 8:30 a.m. – 7:00 p.m. Telephone: (860) 652-7629.

Youth Worker Program

The AHM Youth Worker CHORES Program is a partnership with the towns of Andover, Hebron and Marlborough to assist the Seniors of our three communities. This program is funded by the NCAAA (North Central Area Agency on Aging) with in-kind contributions and support from the Senior Centers of Andover, Hebron and Marlborough and AHM Youth and Family Services.

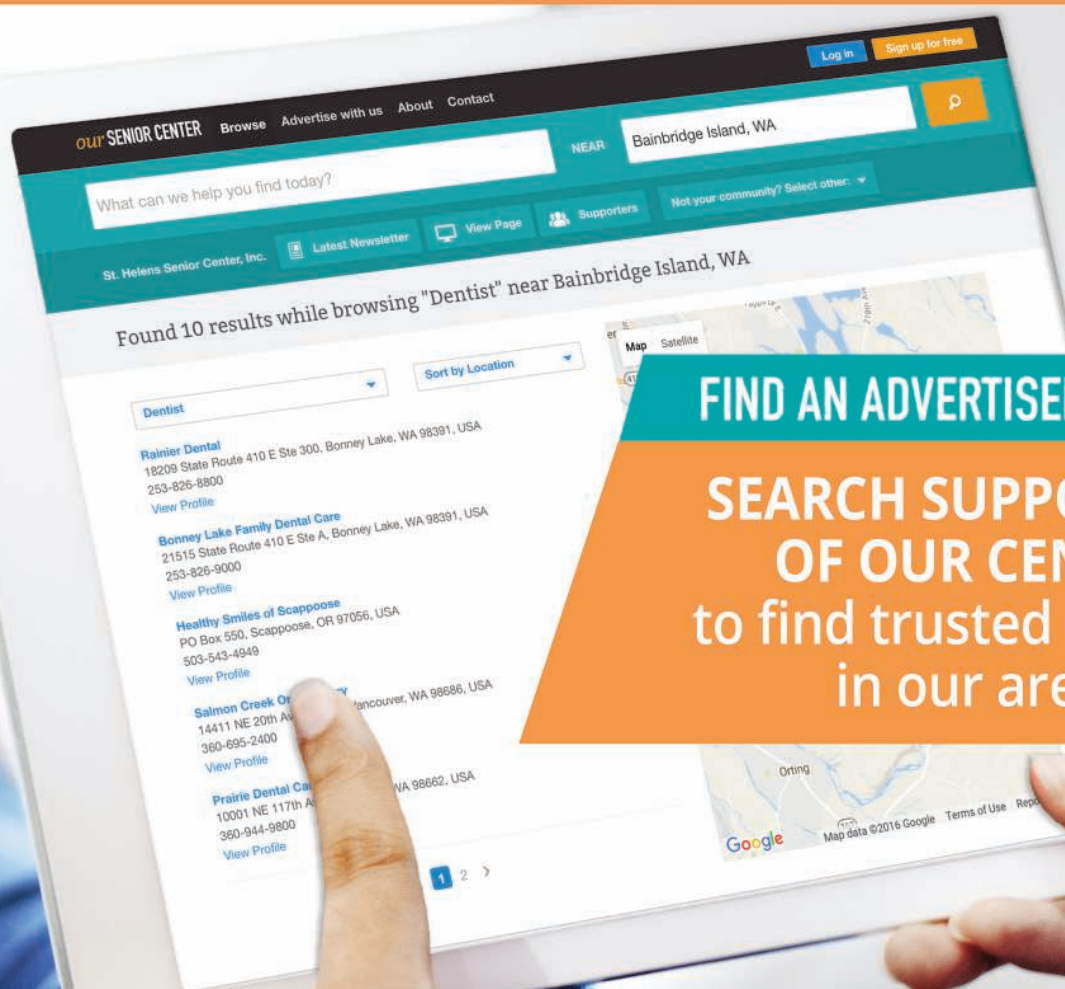
The CHORES Program works with the town senior centers and their coordinators to help improve the quality of life for Older Americans by providing them with the assistance and support of a youth CHORES worker. Teens are asked to complete chores for Seniors such as light household cleaning, raking leaves, shoveling snow and mowing lawns. Teens are paid for their time through grant funding.

If you have an interest in the program or would like more information, please feel free to contact Kate Graham at 860-228-9488 or through email at KateG@ahmyouth.org.



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Legislative Updates

This past legislative session there were various bills that passed which affect seniors. A few highlights are:

- **Termination of Personal Emergency Response System Contracts:** As many of you know, Personal Emergency Response Systems are 24 hour electronic alarm systems placed in the home so that an individual can obtain immediate help in emergency situations. A new law deems any contract or lease for such a system to be terminated upon the consumer's death which had often not been the case. It also deems unreasonable any of these contract's or lease's provisions that set up a penalty for early termination.
- **Medicaid Savings Program (MSP):** Last year, the legislature passed a bill to drastically reduce the eligibility criteria for participation in the Medicare Savings Program that would have resulted in many people losing access to this benefit. Implementation of these cuts were delayed until the legislature could re-examine the impact. During this legislative session, the prior year's cuts were negated, preserving this program at its previous eligibility levels.

The Medicare Savings Program (MSP) helps Medicare beneficiaries of modest means pay for their Medicare Part B premiums.

Typically an automatic deduction is made from your monthly Social Security check for your Medicare Part B coverage. If you are eligible for the Medicare Savings Program, the State of Connecticut can pay this monthly premium for you, allowing you to see an increase in your monthly Social Security check. Additionally, all or some of your Medicare Part D premium will be paid, and your prescription co-payments will be limited. If your income is at the lower end of the eligibility criteria for the Medicare Savings Program, the State of Connecticut may also be able to pay your Medicare deductible, coinsurance and copayments for medical services. For more information regarding the Medicare Savings Program, please contact the Senior Center at 860-228-1700.

- **Consumer Protections for Reverse Mortgages:** A new law expands the counseling and certification requirements for reverse mortgages, a type of mortgage that allows homeowners to convert accumulated home equity into liquid assets. Among other things, it requires prospective applicants, or their representatives, to receive counseling from a federal Housing and Urban Development-approved agency before a reverse mortgage lender may accept a final loan application or assess any related fees. The new law also requires lenders to receive and store a signed certification from the applicant stating that the counseling requirements were met. Failure to meet the law's counseling and certification requirements is a violation of the state's unfair trade practices law.
- **Estate and Gift Tax:** Under prior law, the estate and gift tax threshold was scheduled to increase from \$3.6 million in 2019 to the federal threshold in 2020 and thereafter (i.e., federal basic exclusion amount). Two new laws change the estate and gift tax threshold beginning in 2020.
 1. The first bill extends the phase-in to the federal threshold by three years to 2023 by setting the gift and estate tax threshold at \$5.1 million for 2020, \$7.1 million for 2021, \$9.1 million for 2022, and the federal basic exclusion amount for 2023 and thereafter.
 2. The second bill sets the threshold at \$5.49 million for 2020 and thereafter
- **Pension and Annuity Income Withholding:** In 2017, the legislature required income tax withholding by payers that maintain an office or transact business in Connecticut and make distributions of taxable pensions or annuities to Connecticut residents. This session, the legislature enacted a new law –
 1. Modifying the method used to determine the amount of such income tax withholding
 2. Prohibiting the revenue services commissioner from assessing interest on taxpayers for underpaying estimated taxes based solely on the payer's failure to comply with the withholding requirements, and
 3. Making other minor and clarifying changes to the law
- **Pension and Annuity Income Tax Exemption:** A new law makes permanent the personal income tax deduction for pension and annuity income which is currently scheduled to phase in from the 2019 to 2025 tax years, and end after 2025. Under the new law, eligible taxpayers may deduct 100% of such income for tax years beginning in 2025, and each tax year thereafter. By law, the deduction applies to taxpayers with federal adjusted gross incomes below –

\$75,000 for single filers, married people filing separately, and heads of households, and \$100,000 for married people filing jointly.

Supplemental Services

Through the North Central Area Agency on Aging has a program called "Supplemental Services" that is aimed at defraying the cost of certain items that are not covered by Medicare, Medicaid, or private insurance. Coverage may be for such things, but not limited to, as –

- Home modifications: wheelchair ramps, grab bars, interior and exterior accessible interventions
- Assistive Technology / Emergency Response Systems: Lifeline and accessibility alarms or other assistive equipment, electronic pill dispensers, lift chairs (Medicare may pay for the lift device but not the chair itself), shower or transfer benches, high rise toilet seats and safety rails.
- Consumable Supplies: Disposable undergarments for incontinence, disposable mattress pads, consumable medical supplies, nutritional supplements / meal replacements such as Ensure
- Transportation

For more information please contact the Senior Center at 860-228-1700

Commission on Aging Meetings

The Commission on Aging continuously studies the conditions and needs of the elderly persons in the community and makes recommendations. The commission meetings are open to the public. In 2017, the commission is scheduled to meet on the following dates; **Wednesday, July 11th, September 5th, and November 7th.** They meet 8:30AM in the card room at the senior center.

Community Café

Monday through Thursday at 12:00pm—enjoy lunch for a suggested donation of \$2.50 for seniors 60 years and over. Lunch is available for those under 60 for a cost of \$7.50 per lunch. Reservations are required by 10am the day before with the exception of Monday's which is required by Thursday by 10am. To sign-up for lunch call 860-228-1700.

BINGO

Grab your good luck charm and head to the Russell Mercier Senior Center Bingo Hall. Bingo is played every Thursday from 1:00—3:00 PM at the Senior Center. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes are awarded each game and refreshments served. No sign-up required, just come on down and join the fun.

Book Club

The book club will be taking the summer off and will not meet June, July, and August. BUT the selection for September has already been made. The book club will meet the last Tuesday of the month in **September 25th from 10:45am—Noon.** In September the book will be "The Photographer's Wife" by Suzanne Joinson. Jerusalem, 1920: in an already fractured city, eleven-year-old Prudence feels the tension rising as her architect father launches an ambitious - and wildly eccentric - plan to redesign the Holy City by importing English parks to the desert. Prue, known as the 'little witness', eavesdrops underneath the tables of tearooms and behind the curtains of the dance-halls of the city's elite, watching everything but rarely being watched herself. Around her, British colonials, exiled Armenians and German officials rub shoulders as they line up the pieces in a political game: a game destined to lead to disaster. The book is available at the Douglas Library.

IMPACT (Improving Muscles, Power, Aerobic & Cardiovascular Health and Toning)

IMPACT your health with this invigorating low-impact aerobics class with emphasis placed on strengthening and toning muscles while improving cardiovascular fitness, stamina, and building endurance. Fun aerobic moves will leave you feeling more energetic and healthy and is a great way to start your morning off on the right foot. Classes are Tuesdays and Thursdays and are a two class per week program. We cannot split the classes, you are signing up for twice per week. There are two time slots—8:30AM OR 9:30AM. The next session begins **Thursday, July 5th—Thursday, August 2nd. This session will have 9 classes and cost \$23.** Each class is limited to 20 participants. We must have a total of 28 people registered in order to run both time slots. To register, call the Senior Center at 860-228-1700.

Yoga

Yoga class is **Wednesday, June 13th—Friday, July 27th. There is NO class Wednesday July 4th or July 6th.** Cost for the remaining classes, Wednesday OR Friday is \$8 and if you attend both days it is \$16. The class is held on Wednesdays and Fridays from 9:10AM to 10:10AM. The drop-in fee is \$4 per class. To register call the Senior Center at 860-228-1700.

Silver Sneakers FLEX Class

Mondays 10:45—11:45AM July 9th—July 30th, Wednesdays & Fridays at 10:15—11:15AM, July 10—July 27th. You MUST pre-register for class. NO DROP-INS ALLOWED. This class will focus on muscular strength, balance and improving reaction time which will improve your ability to feel strong and stable. Please bring hand held weights, a whiffle bat OR walking stick OR cane that is approximately 30—34inches high (just below the hip), and a Resita Band. To see if your insurance provider is a Silver Sneakers participant call 1-866-584-7389. If so, there is no charge for this class. If your insurance is NOT a SilverSneakers provider, you can purchase a punch card for \$30 for 10 classes. **Pre-registration is required for NEW participants to the SilverSneakers class. You MUST BE SIGNED UP PRIOR TO CLASS—NO DROP-INS!!!!!!** To register, please call Patty at 860-617-8897.

ZUMBA Gold

Mondays 9:30-10:30 and Fridays 11:30-12:30 July 9—August 3rd. Monday's class \$10, Friday's class \$10, both days \$20. Must have 10 people per class day to run the class. There will be an **intro session with the new instructor June 18, June 22, June 25, June 29.** That class will be \$5 for Mondays or \$5 for Fridays or \$10 for both. To register come to the center or call 860-228-1700.

Movie Matinee Wednesday

The July movie will be **July 11th** (we are closed July 4th) will be **The Darkest Hour**, A thrilling and inspiring true story begins at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill (Academy Award nominee Gary Oldman) must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. The August movie will be **Wonder**, shown **Wednesday, August 1st.** Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

Mindful Meditation with Mandy

The meditation class will meet on the **second Tuesday, July 10th and July 24th from 10:45am—Noon**. Mindful Meditation is the opportunity to develop the skill of paying attention to your inner and outer experiences with acceptance, patience, and compassion. Mindful Meditation is effective for the management of stress, anxiety and panic, chronic pain, depression, obsessive thinking, strong emotional reactivity, and a wide array of health related concerns. Please register by Monday, prior to the Tuesday class, 860-228-1700. Please bring a non-perishable food item as payment for the program, this will be donated to HHHS Food Pantry.

Massage By Susan McCaffrey

Susan will be providing table massage by appointment on **Monday, July 9th 9:00AM to 3:30PM**. A 25 minute massage is \$20 and a 50minute massage is \$40. All payments may be made directly to Susan at your appointment. To schedule an appointment please call the Senior Center at 860-228-1700.

Bus Trip—Aqua Turf - Celebrate Italia

Tuesday, July 17th Depart at 10:00am and return approximately 4:30pm. Enjoy a day of food and fun. Coffee & Donuts, Door Prizes Complimentary Glass of Beer or Wine Family Style: Fruit/Salad/ Penne w Meatballs & Sausage/ Chicken Parmesan/ Vegetable/ Spumoni. Entertainment by Dominic who is one of Rhode Island's most popular Italian singers! This "Cross-Over Tenor" is backed by Orchestra Romanza, featuring many of New England's top musicians!! Definitely be prepared to dance! **Cost is \$48**. Trip is limited to 16 seats. Registration deadline is Tuesday, July 10th. Trip must be paid in full at registration.

Massage or Reflexology With Tami Toscano

Tami Toscano offers massage and reflexology. Tami comes to us bringing many years of experience both in California and Connecticut and includes working with the senior population. She has already begun services here at the center and is getting rave reviews. **Tami will be here from 10:00am—3:30pm on the 2nd and 4th Thursday of the month, July 12th and 26th**. The cost is \$20 for 25 min and \$40 for 50 minutes. To schedule an appointment please call the Senior Center at 860-228-1700.

July Birthday Party Celebration!

The Birthday Party Lunch will be held on **Wednesday, July 25th at 12:15pm**. We will have a good ol' BBQ. Hot dogs and hamburgers and the fixins, Charlotte's Potato Salad, pasta salad, and birthday cake. The cost is \$5. If your birthday is in the month of the celebration and you are a Hebron/Amston resident your meal is free, but you must pre-register. You can register by calling 860-228-1700. **Deadline to register is Monday, July 23rd**.

Bus Trip—New Britain Bees Baseball Game

Tuesday, July 31st, Game is at Noon. The bus will leave the Senior Center at 10:30 and return following the game (between 3:00-4pm). A food voucher is available for \$5 which includes a hot dog, chips, and a drink, or lunch will be on your own at the ballpark or you could bring a lunch and eat before entering the field. The seats will be in the shade. The trip has a seating max of 16. Cost for ticket and transportation is \$11, add the \$5 meal voucher it will be \$16. To sign-up, please call the senior center at 860-228-1700.

PLANNING AHEAD

LGBT Moveable Senior Center Dates and Locations

LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging!

Friday, July 13 East Hartford Senior Center 11:00-2:30 11 a.m. - Join State Representative Jeff Currey for coffee and discussion 12—2:30pm Lunch and Learn—light lunch followed by Sample alternative therapies with Scott Ginter, BA, TRD. Learn about aromatherapy, Tibetan Bowls and vibrational therapy, and guided meditation.

Friday, August 9 Avon Sr. Center—Times and programing to be determined.



Bus Trip—New England Air Museum

The New England Air Museum is committed to presenting the story of aviation, the human genius that made it possible and the profound effects that it has had on the way in which we live. This trip will take place on **Monday, August 13th leaving at 9:30am and returning approximately 3:00pm**. We will have a 60 minute guided tour and time to tour the museum on your own. We will have lunch at Bear's Barbeque. Lunch will be approximately 1:15pm to allow for plenty of time to tour the museum. There are vending machines available if you need a quick snack or you can bring something with you to hold you over. **The cost of the trip will be \$20 which includes the museum admission and transportation**. Lunch cost will be on your own. You can register at the Senior Center. This trip is limited to 16 people.

Monday

Tuesday

Wednesday

2

9:30 Crocheting & Knitting
12:00 Community Café
12:40 Depart for Marlborough BINGO
12:45 Bridge

No Zumba
No Silver Sneakers

3

8:30 IMPACT Fitness
9:30 IMPACT Fitness
12:00 Community Café
1:00 Social Bridge
1:00 Hand and Foot Canasta



9

9:30 Crocheting & Knitting
9:30 NEW SESSION—Zumba Gold
10:45 Silver Sneakers
12:00 Community Café
12:40 Depart for Marlborough BINGO
12:45 Bridge

10

8:30 IMPACT Fitness
9:30 IMPACT Fitness
10:45—Noon—Mindful Meditation—Library
11:00 Foodtruck—sign up 860-228-1700
12:00 Community Café
1:00 Social Bridge
1:00 Hand and Foot Canasta

11

8:30 Commission on Aging
9:00 Yoga
9:45 Setback
10:15 Silver Sneakers
12:00 Community Café
12:45 Movie—The Darkest Hour

16

9:30 Crocheting & Knitting
9:30 Zumba Gold
10:45 Silver Sneakers
12:00 Community Café
12:40 Depart for Marlborough BINGO
12:45 Bridge

17

8:30 IMPACT Fitness
9:30 IMPACT Fitness
10:00—4:30 Bus Trip to the Aqua Turf
12:00 Community Café
1:00 Social Bridge
1:00 Hand and Foot Canasta)

18

9:00 Yoga
9:45 Setback
10:15 Silver Sneakers
12:00 Community Café

23

9:30 Crocheting & Knitting
9:30 Zumba Gold
10:45 Silver Sneakers
12:00 Community Café
12:40 Depart for Marlborough BINGO
12:45 Bridge

24

8:30 IMPACT Fitness
9:30 IMPACT Fitness
10:45—Noon—Mindful Meditation—Library
11:00 Foodtruck—sign up 860-228-1700
12:00 Community Café
1:00 Social Bridge
1:00 Hand and Foot Canasta

25

9:00 Yoga
9:45 Setback
10:15 Silver Sneakers
12:15 Birthday Party—Cost is \$5 RSVP by Monday, July 23rd—860-228-1700
7:00—8:30 Probate Judge Panel Discussion
All ages welcome and encouraged to attend

30

9:30 Crocheting & Knitting
9:30 Zumba Gold
10:45 Silver Sneakers
12:00 Community Café
12:40 Depart for Marlborough BINGO
12:45 Bridge

31

8:30 IMPACT Fitness
9:30 IMPACT Fitness
10:30-3:30 Bus Trip—New Britain Bees Baseball
12:00 Community Café
1:00 Social Bridge
1:00 Hand and Foot Canasta



HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-862-6429



Thursday

Friday

My Notes

5
8:30 NEW SESSION—IMPACT Fitness
9:00 **Food Bank -sign up required 860-228-1700**
9:30 NEW SESSION—IMPACT Fitness
10:40 Sunshine Singers
12:00 Community Café
1:00 BINGO
1:00 Mahjong

6
No Yoga
No Silver Sneakers
No Zumba
10:00 Shopping at Ted's sign-up required, please call 860-228-1700

12
8:30 IMPACT Fitness
9:30 IMPACT Fitness
10:40 Sunshine Singers
12:00 Community Café
1:00 BINGO
1:00 Mahjong

13
9:00 Yoga
9:15—3 **Bus Trip—Lavender Pond Farm**
10:00 Shopping at Walmart & Lunch—sign-up required, please call 860-228-1700
10:15 Silver Sneakers
11:30 NEW SESSION—Zumba Gold

19
8:30 IMPACT Fitness
9:00 **Food Bank -sign up required 860-228-1700**
9:30 IMPACT Fitness
10:40 Sunshine Singers
12:00 Community Café
1:00 BINGO
1:00 Mahjong

20
9:00 Yoga
10:00 Shopping at Ted's sign-up required, please call 860-228-1700
10:15 Silver Sneakers
11:30 Zumba Gold

26
8:30 IMPACT Fitness
9:30 IMPACT Fitness
10:40 Sunshine Singers
12:00 Community Café
1:00 BINGO
1:00 Mahjong

27
9:00 Yoga
10:00 Shopping at Walmart & Lunch—sign-up required, please call 860-228-1700
10:15 Silver Sneakers
11:30 Zumba Gold



**We will be closed
Wednesday, July 4th**

Reminder:
**Please Make Sure You Are
Signing Into My Senior Center
When Attending Programs &
Trips! If You Are Unsure How
Ask A Staff Member. If You For-
get Your My Senior Center Card
No Worries Sign In With Your
Phone Number !!**

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PLEASE WATCH YOUR SPEED WHEN TRAVELING ALONG STONECROFT DRIVE AND THE PARKING LOTS. THE POSTED SPEED LIMIT IS 15MPH. MANY PEOPLE WALK ALONG THE ROAD AND ARE MOVING ABOUT WITHIN THE PARKING LOTS PLEASE SLOW DOWN!!!!

Transportation

Through the Russell Mercier Senior Center, transportation is coordinated for senior and adult disabled individuals via two handicapped accessible vans and a town-owned car for medical care, social trips, shopping, banking, or other needs.

Dial-a-Ride operates in accordance with the following prioritization given to advance scheduling:

- 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.
- Trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough) for other personal needs
- Fares are charged for transportation. The fee schedule .50 each way within Hebron, \$1.00 each way within contiguous towns , and \$2.50 each way for surrounding towns that we travel too which is listed on transportation policies on the Senior Center web-site or available at the Senior Center.

Please call the Senior Center at 228-1700 to schedule transportation.

Renters Rebate

To All Renters in the Town of Hebron

The Russell Mercier Senior Center will again this year be making appointments to take applications for the annual Renters Rebate Program between April 2 and October 1, 2018

Basic requirements for this program:

- You were age 65 or older by December 31, 2017
- Or, if not age 65, by the close of 2017 you must have been eligible to receive permanent total disability benefits under Social Security or any federal, state, or local government retirement or disability plan, including any government related teacher's retirement plan
- You were a renter in Hebron or anywhere else in Connecticut for some or all of 2017
- The maximum 2017 income for an unmarried person is \$35,300 and for a married couple \$43,000.

For more information or to complete an application, please call the Senior Center to make an appointment, 860-228-1700.

Things to Do Here at the Center

The following programs are drop-in activities, feel free to stop in and join in—No sign-up required

Mondays—9:30am—Crocheting & Knitting - Open to anyone, any skill level

Tuesdays—1:00pm Social Bridge 1:00pm Hand & Foot Canasta

Wednesdays—9:45am Setback 12:45pm—Movie—see calendar for dates

Thursdays—1:00pm Bingo and Mahjong

Monday—Friday—Exercise Equipment in Fitness Room & Billiards—Monday—Thursday 8:15am-4:00pm, Friday 8:15am—12:30pm

On-Going Activities that DO Require Pre-Registration/Sign-up—860-228-1700

Monday thru Thursday—12:00pm—Community Café (suggested donation of \$2.50)

Mondays—12:30pm—Bus to Bingo in Marlborough (if no medical appointments) 12:45 Competitive Bridge

Tuesdays—11:00am—Foodshare—Every other Tuesday— see calendar for dates

Thursdays—9:00am—HIHS Foodbank—This is every other Thursday – see calendar for dates

Fridays—10:00am—Shopping at Ted's and alternate weeks, North Windham Walmart and lunch—see calendar for dates

Thank You for the Donations

Senior Friends of Hebron—Paper Shredder, Joanne Rocznik—Magazines & Books, Cecile Piette—Decaf Coffee, Ron Dumaine—Yarn, Barbara Morrison—Magazines, Lou Falvo—Regular & Decaf Coffee, & potato chips, Janet Kendall—Coffee Creamers, Jim Davis—Stamps, Craig and Jean Cyr—Paper Towels, Pauline Krepcio—Kleenex & Hand Soap

"When we give cheerfully and accept gratefully, everyone is blessed."

— **Maya Angelou**



Monthly Recipe

Watermelon Cucumber Feta Salad

Ingredients

Dressing

- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped fresh mint leaves (optional)

Watermelon Salad

- 6 cups seedless 1-inch cubes watermelon (from 5-lb watermelon)
- 1 cup sliced quartered cucumber
- 1/2 small red onion, thinly sliced and quartered
- 1 cup crumbled feta cheese (4 oz)

Steps

1. In small bowl, using wire whisk, mix vinegar, olive oil, salt and pepper. Stir in mint.
2. In large bowl, mix watermelon, cucumber, onion and 3/4 cup of the feta cheese.
3. Pour dressing over watermelon mixture; toss gently to combine.
4. Sprinkle salad with remaining feta cheese. Garnish servings with additional mint, if desired.



BBQ Chicken & Cheddar Burgers

Ingredients

- 1 1/4 lb. ground chicken
- 1/3 c. barbecue sauce
- 3 green onions, chopped
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 2 tsp. canola oil
- 4 slices sharp Cheddar cheese

Directions

1. Combine ground chicken, barbecue sauce, green onions, salt, and pepper. Form into four 1-inch-thick patties.
2. In 12-inch nonstick skillet, heat canola oil on medium; add patties. Cook 7 minutes per side or until cooked through (165°F).
3. Top each patty with 1 slice sharp Cheddar cheese; remove from heat and cover skillet to melt cheese.



Banana Oat Greek Yogurt Muffins

Made with no flour or oil, these Banana Oat Greek Yogurt Muffins make for a deliciously healthy breakfast or snack!

Ingredients

- 1 cup (225 g) plain Greek yogurt
- 2 medium ripe bananas (200 g or 1 cup mashed)
- 2 large eggs
- 2 cups (160 g) rolled oats (old fashioned or quick)
- 1/4 cup (50 g) brown sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup (85 g) chocolate chips, mini or regular

Directions

1. Preheat oven to 400F (204C) and prepare a muffin pan by spraying the cavities with cooking spray or lining them with paper liners**. Set aside.
2. Add all the ingredients except for the chocolate chips to a blender or food processor and process on high until the oats are broken down and batter is smooth and creamy. Stir in chocolate chips by hand.
3. Pour batter into prepared muffin pan, filling each cavity until it is about 3/4 full. Optional: sprinkle a few chocolate chips over the top of each muffin.



July—Congregate Meal Menu

Must reserve your seat by 10am the day before, except for Monday it must be by 10am on Thursday - Suggested Donation of \$2.50 for 60 years and over \$7.50 for anyone under 60

The menu was not available at the time the newsletter went to print

Fourth of July

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

FREEDOM
DECLARATION
FRIENDS
RED
INDEPENDENCE
STRIPE
STARS
AMERICA
FIREWORKS
LIBERTY
WHITE
PARADE
FAMILY
FLAG
UNCLE SAM
BLUE
HEROES

Play this puzzle online at : <https://thewordsearch.com/puzzle/560/>

How come there's no Knock Knock joke about America? Because freedom rings

What was General Washington's favorite tree? The infantry

What's the difference between a duck and George Washington?

One has a bill on his face, and the other has his face on a bill

Being a traditionalist, I'm a rabid sucker for Christmas. In July, I'm already worried that there are only 146 shopping days left. John Waters

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July Wish List

Hot Drink Cups

Tissues

Dishwasher Tablets

Regular & Decaf Coffee

Coffee Creamer

Lysol wipes/disinfecting wipes

Paper Towels

Stamps for Birthday Cards

Memorial donations are a meaningful way to help the Senior Center and other fellow seniors, and remember an individual who has made a significant impact in our lives. Please consider making a gift that will assist us in providing ongoing services and programs.



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