

Recreational, Social, Educational, & Community Service Programs

Please check the Hebron Senior Newsletter for monthly dates. Ongoing groups do not meet when the Senior Center is closed due to inclement weather or on town holidays.

To Register for Programs Requiring Advanced Sign-up and/or Payment:

- On the first business day of each month, sign up sheets for programs happening that month are placed in the Senior Center's Library. Please come to the Senior Center or call during normal business hours to have your name put on a list.
- Payment in the form of a personal check or cash must be received by the deadline date listed in the Senior Newsletter.
- For all programs or trips, and especially those that fill up quickly, payment is required to hold your space. Signing your name on the registration sheet, without paying, does not ensure your spot will be held.

Payment:

- Typically fees are associated with instructional classes, trips, etc.
- Payment is accepted in the form of a check or cash.
- Payment for separate programs must be kept separate. For example, when paying for a \$25 trip and \$1 cooking demonstration, one check for \$26 is not allowed.
- Additionally, when paying with cash, exact payment is required (we are not able to give change).

Recreational:

Arts & Crafts:

Open Art Studio (Every Monday at 10:00 a.m.)

- This group meets to socialize and work on independent art projects.

Knitting, Crocheting, & Sewing (Every Monday at 10:00 a.m.)

- This group meets to socialize and work on independent projects.
- Individuals in this group are willing to teach crocheting and knitting to those interested in learning.

Quilting Group (Every Monday at 6:30 p.m.)

- This group meets to socialize and work on independent projects.
- Individuals in this group are willing to teach and help with quilting projects.

Instructional Arts & Crafts Classes

- Please check the monthly Senior Newsletter for each month's course offerings.

- Classes offered in 2008 included:
 - Basic Drawing
 - Basic Drawing II
 - One-Stroke Painting
 - Wreath Making
 - Handbags and hats made out of plastic grocery bags

Games:

Setback (Every Monday at 10:00 a.m.)

- Members of this group are willing to teach the game of Setback to interested individuals.

Bridge (Every Monday at 1:00 p.m.)

- This is a competitive, traveling Bridge group that meets at area senior centers and is for the more experienced Bridge player

“Other Bridge” (Every Tuesday at 1:00 p.m.)

- This is a “just for fun” Bridge group.

Mah Jongg (Every Thursday at 1:00 p.m.)

- This group is willing to teach the game of Mah Jongg to interested individuals.

Billiards (Every Monday at 1:00 p.m. & Wednesday at 10:00 a.m.)

Bingo (Every Thursday at 1:00 p.m.)

Marlborough Bingo (Every Monday at 1:00 p.m.- The van leaves the Russell Mercier Senior Center at 12:30 p.m.)

- Dial-a-Ride transportation is provided for interested Hebron & Amston seniors to play bingo at the Marlborough Senior Center
- Please call the Russell Mercier Senior Center to schedule a ride.

Brain Workout Games (Typically one game is offered each month)

- Please check the monthly Senior Newsletter for each month’s offerings
- Games offered in 2008 included:
 - Scattergories
 - Family Feud
 - Taboo
 - Password

Social:

Community Café (Every Monday-Thursday at 11:45 a.m.)

- A nutritionally balanced mid-day hot meal, coordinated by **Community Renewal Team (CRT)**, is served four days a week in a group setting.
- Community Café is available to individuals 60 and older, at a suggested donation of \$2 per person.
- **Advanced reservations by noon the prior business day are necessary.** Reservations may be made by calling the Senior Center at 228-1700. Reservations for Mondays must be made by noon on the prior Thursday.

Enrichment (Every Tuesday at 10:45 a.m.)

- Enrichment is a weekly reminiscence and discussion group that also plays trivia and mind exercising games.

Sunshine Singers (Practice is held each Thursday at 10:30 a.m.)

- The Sunshine Singers are the quickly expanding and very talented choral group of the Russell Mercier Senior Center, led by Director Barbara Soderberg.

Book Discussion Group (Typically meets on the last Monday of each month)

- Led by Douglas Library's Director, Mary Ellen Beck, this group meets each month to discuss a chosen book.
- Please check the Hebron Senior Newsletter at the beginning of each month for that month's selection. For assistance with locating copies of the book, please contact Judy at Douglas Library at 228.9312 extension 15.

Monthly movies

Trips

- We offer day trips to destinations in Connecticut and occasionally out of state.
- Trips offered in 2008 included:
 - Foxwoods Casino
 - University of Connecticut's Jorgensen Theatre
 - The Theater of the Performing Arts in Hartford
 - The Marlborough Arts Center
 - Quassy Amusement Park
 - Mystic Aquarium
 - Whale Watching in Narragansett, Rhode Island
 - Northwest Park in Windsor
 - Lyman Orchards in Middlefield
 - Salem, Massachusetts
 - And many more

Lunches Out

- The **ROMEO** (**R**etired **O**lder **M**en **E**ating **O**ut) group is an all-male group that goes out to eat once each month. The restaurant choice of the current month is published in the Hebron Senior Newsletter.

- The **JULIETT** (Just Us Ladies Informally Enjoying Time Together) group is an all-female group that goes out to eat once each month. As with the ROMEOS, the restaurant choice is published in the Hebron Senior Newsletter.

Intergenerational Opportunities

- Intergenerational programs are typically offered during school vacations and we encourage you to bring your children and grandchildren.

Musical Entertainers

Special Events

- Special events vary, and include monthly birthday parties, Summertime barbeques, holiday parties, and others.

Educational:

Mind Sharpener:

- Thanks to the generous support of the Hebron Lions Club, the Russell Mercier Senior Center has been able to purchase the Mind Sharpener Series.
- This 24 session series was developed by the New England Cognitive Center through extensive research and trials, and allows participants to keep their minds “well-tuned” through a variety of fun activities.
- This program is administered to small groups and is designed to target 6 cognitive domains during each session- Reaction Time, Visual- Spatial Integration, Attention & Concentration, Memory, Language, and Problem Solving.
- A new session will be beginning in the Spring of 2009.

Digital Photography Club (Typically meets on the second and fourth Thursdays of each month at 2:00 p.m.)

- Each week a new photography-related topic is presented, including everything from purchasing a digital camera to picture-taking technique and the use of computer photo software.

Topic-specific presentations

- Presentations include those that are health-related, informative regarding benefits & supportive programs for seniors and adult-disabled individuals, and educational.
- Some of the topics offered in 2008 included:
 - Stress Management
 - Information regarding the CT Home Care Program for Elders
 - Medication Consultations with a Pharmacist
 - Planning for emergencies and creating a “Personal Preparedness Guide” with a representative from the CT Department of Emergency Management & Homeland Security
 - Low Tech Assistive Devices

- Making the Switch to Digital Television
- The CapTel phone system for individuals with hearing impairments
- Cooking Demonstrations
- Staying Hydrated in the Sweltering Summer Months
- The DASH (Dietary Approaches to Stop Hypertension) Diet
- Wildlife in CT
- CHOICES Medicare Options for 2009
- Staying Healthy During the Cold & Flu Season
- And many more

Community Service Projects:

Adopt a US Soldier

- Join us to send packages and write letters to the men and women who we have “adopted” from our deployed armed forces. Every month our hearts are warmed by the generosity of donors for the Adopt a US Soldier initiative.
- As quickly as items and monetary donations come in, we are shipping them out and paying for postage, so please continue to donate.
- We have had a special request from our soldiers for phone cards to call home.
- Packages are sent out monthly, and we are in continual need of:
 - **Drinks:** Capri Sun, sweetened Kool-Aid packets, Country Time lemonade, Gatorade, and Lipton Tea mixes
 - **Food:** Beef jerky, beef sausage (Very popular!), candy of all kinds, canned meats, canned cheese, chips, canned salsa & dips, canned tuna & chicken, chocolate anything (they don’t care if it’s melted!), cookies, crackers, dried fruits, graham crackers, Hickory Farms items (no need for refrigeration), nuts, and pretzels.
 - **Fun Stuff:** Books, board games, card games, comic books, electronic games, magazines (Newsweek, People, Cosmo, Sports anything, etc.), tabloid newspapers, playing cards, poker chips, puzzles, word puzzles, footballs, Nerf balls, and soccer balls.
 - **Health & Hygiene:** Aspirin, antacids, band-aids, chapstick, cough drops, dental floss, disposable razors, foot powder, hand sanitizer, hair brush/comb, tissues, wet wipes, mouthwash, Neosporin, Q-tips, soap (bar), shampoo/conditioner, Thera-flu, toilet paper, toothbrushes, toothpaste, and feminine care products.
 - **Miscellaneous:** Batteries, can opener, boot socks (gray, green, black only with thick soles)- Wal-Mart has them, envelopes, gloves, gum, journals, pens, plastic utensils, and stationary.

- **Share who and where you are:** The local newspaper/comics, photos of you/ your family/ your town or state, and jokes you know. The soldiers love any news from the outside world.
- Travel-sized toiletries, individually wrapped snacks, miniature boxes of cereal, granola bars, etc. are the perfect size for shipment.
- We ask that you please check expiration dates on donated items.
- In addition, we encourage you to write letters and have your grandchildren draw pictures to be included in the packages.
- We are available to help individuals with physical constraints write letters to send to the soldiers.
- Thank you to those who have continued to support this cause since we started our Center's branch of this nationwide initiative, in May of 2008.
- Be sure to check the bulletin board in the lobby of the Senior Center for letters and pictures from soldiers who have responded to our mailings.
- **Donations may be dropped off at the Senior Center** Monday through Thursday from 8:00 a.m. to 5:00 p.m. and Friday from 8:00 a.m. to 1:00 p.m.

Cheer Group (Typically meets on the first Wednesday of each month at 10:00 a.m.)

- The Cheer Group meets to spread cheer by sending birthday, get well soon, sympathy, and other cards to seniors in the community.
- Please call Jessica at the Senior Center at 228-1700 if you would like to help.

American Red Cross Blood Drives (Typically twice each year)

- The Russell Mercier Senior Center is a host site for the American Red Cross Blood Drives.
- For eligibility information or to schedule an appointment to give blood, please call 1-800-GIVE-LIFE or visit www.givelife.org
- **The next blood drive is scheduled for Friday, February 27th, 2009 from 1:30 p.m.-6:30 p.m.**